



C. II

19/c

19,204/B

3/6

11/11/11

TIME VERSUS LIFE,

AN ENIGMA; ATTEMPTED TO BE SOLVED BY OBSERVATION ON THE THREE
LEADING PHASES OF HUMAN EXISTENCE,

YOUTH—MANHOOD—AGE;

THE ILL-CONCEALED IMPRUDENCE OF YOUTH, THE IRRESOLUTION OF
MANHOOD, AS PREMATURELY HERALDING

The Advance of Age,

ON

INDIGESTION AND MENTAL IRRITATION

WHICH TOO SURELY RIPEN THE SEEDS OF MORTALITY,

ALSO ON THE MORAL COMMAND OF THE PASSIONS AND ON THE PROBABLE
RESULT WHEN THEY SHALL HAVE SURRENDERED TO THE INVASION OF
ERROR AND INDISCRETION, VIZ., DISEASES OF THE URETHRA, &c.

AND

OTHER DISQUALIFICATIONS TO MARRIAGE:

BY ROBERT THOMAS CRUCEFIX, M.D.

MEMBER OF THE ROYAL COLLEGE OF SURGEONS OF ENGLAND.

Intus et in cute novi hominem.—PERSIUS.

—— *Mutato nomine, de te*
Fabula narratur.—HOR.

LONDON:

SHERWOOD, GILBERT, AND PIPER,

PATERNOSTER ROW;

AND JOHN OLLIVIER, PALL MALL.

1844.



TO MY PATIENTS,

(WHOSE CONFIDENCE HAS IMPARTED SUCCESS TO MY EXPERIENCE, AND
BY WHOSE KINDNESS THAT EXPERIENCE HAS BEEN EXTENDED,)

I BEG LEAVE RESPECTFULLY TO

DEDICATE

THE FOLLOWING OBSERVATIONS UPON

TIME VERSUS LIFE,

IN A LESS PROFESSIONAL BUT MORE POPULAR FORM THAN
HITHERTO OFFERED.



Digitized by the Internet Archive
in 2017 with funding from
Wellcome Library

<https://archive.org/details/b29341693>

PREFACE.

THE following pages, although the result of long practical investigation, are presented in a form rather popular than professional; not because they are destitute of observations which may be useful to the practitioner, and are, as far as I know, original; but because I consider that important medical truths, where they are sufficiently simple, should be made to enlighten that public they are meant to benefit, rather than suffer refraction through any medium, however bright or pure. The *arguments* employed, may be inconclusive to some, but *facts* must carry conviction to all; and the reader will observe that no opinion is ventured in the course of this work, unless supported by the validity which cases best supply.

In this particular, I am especially fortunate that my patients, having appreciated the circum-

stances which rendered my experience beneficial to them, are anxious to extend its utility to others, and have kindly favoured me with their testimony. For this liberality I am grateful; and now offer the result of my labours to the perusal of an impartial and unprejudiced public.

The mistake of leaving some portion of the class of disorders I have alluded to in the hands of unqualified pretenders, I have endeavoured to correct. The formality of the *privileged* (!) practitioner, and the recklessness of the empiric, are moral incongruities, which no existing act of parliament can reach, and no future one probably ever will, until a proper standard of qualification shall give security to public opinion; and the supply of this very desideratum must arise from the public itself. It has not been inaptly observed, that “the passive submission of the public to mere popular medical idols, sometimes created by fashion, at other times by trickery, has injured the character of the whole profession, and encouraged ignorant pretenders.”

I have purposely avoided charging the present

section of “Time versus Life,” with the discussion of a particular class of diseases to which the man of pleasure is subject. When *Time* permits, I may probably give the result of no common experience on a subject in which *Life* is so materially involved.

From obvious motives of delicacy, I have scarcely adverted to the dangers and difficulties which beset WOMAN, in her transit through *Life*. But I also purpose, *Time* permitting, to consider of the subject, and point out the advantages of early “moral command,” which will guide her through the quicksands of error and indiscretion ; remarking, that as “to the pure, all things are pure,” so delicacy may be honoured, and fastidiousness chastened, by Truth.

No. 7, *Lancaster Place,*

Waterloo Bridge, Strand.

C O N T E N T S.

CHAPTER I.

Tempus Edax Rerum—Effects of Time on all Things—On Animate and Inanimate Matter—Regular progress of the influence of Time on Inanimate Objects, contrasted with its irregular operation on Living Creatures—Nature of the present Work, viz., An Attempt to trace the Causes which accelerate the destructive influence of Time on the Human Species, and to point out the Measures, (Medicinal, Dietetic, &c.) by which this influence may not merely be modified, but by which LIFE itself may be extended beyond the ordinary period of TIME. 1

CHAPTER II.

General observations on the influence exerted by the ATMOSPHERE on the operations of Time—Variations in the Atmosphere—Changes as to Humidity, Density, Electric Condition, &c.—Air of large Towns, why prejudicial—Manufactories—Sewers—*Cloacæ*—Change of Air—Tropical Climates—Contrast between Climatal Influence, as it destroys multitudes in Fever, Dysentery, &c., and its insidious operation in undermining the Constitution, in the various forms of Hepatic and Pulmonary Chronic Disease: the latter class of Diseases having received less attention, is not so well understood as the former. 9

CHAPTER III.

On the way the effects of TIME are influenced by DIET—Of Insufficient Food—Of Excess of Food—Of the various Qualities of Food—Vegetable—Animal—Fresh and Putrescent—Of Condiments—Of the form of Food—Abundant, with little Nourish-

ment, or Small in Quantity, but highly Nutritious—Of Liquids—The effect of excess in Drinking—Of Dry Feeding—Aqueous Potations—Tea, Coffee, &c.—Of Strong Drinks—The Vinous Kinds — The Spirituous Kinds — Temperance — Temperance Societies—Abstinence—The Teeth, as primary Agents in Digestion—Their loss important—The Food thereby introduced disadvantageously into the Stomach—Mr. Abernethy's System—Little or no Fluid at Dinner 17

CHAPTER IV.

On the effects of the MIND and MUSCULAR SYSTEM on the operation of TIME—Anxiety—Study—Fatigue of the Muscles—Inactivity—Domestic Causes tending to affect the Mind—Political Causes—Political Excitement often disadvantageous 28

CHAPTER V.

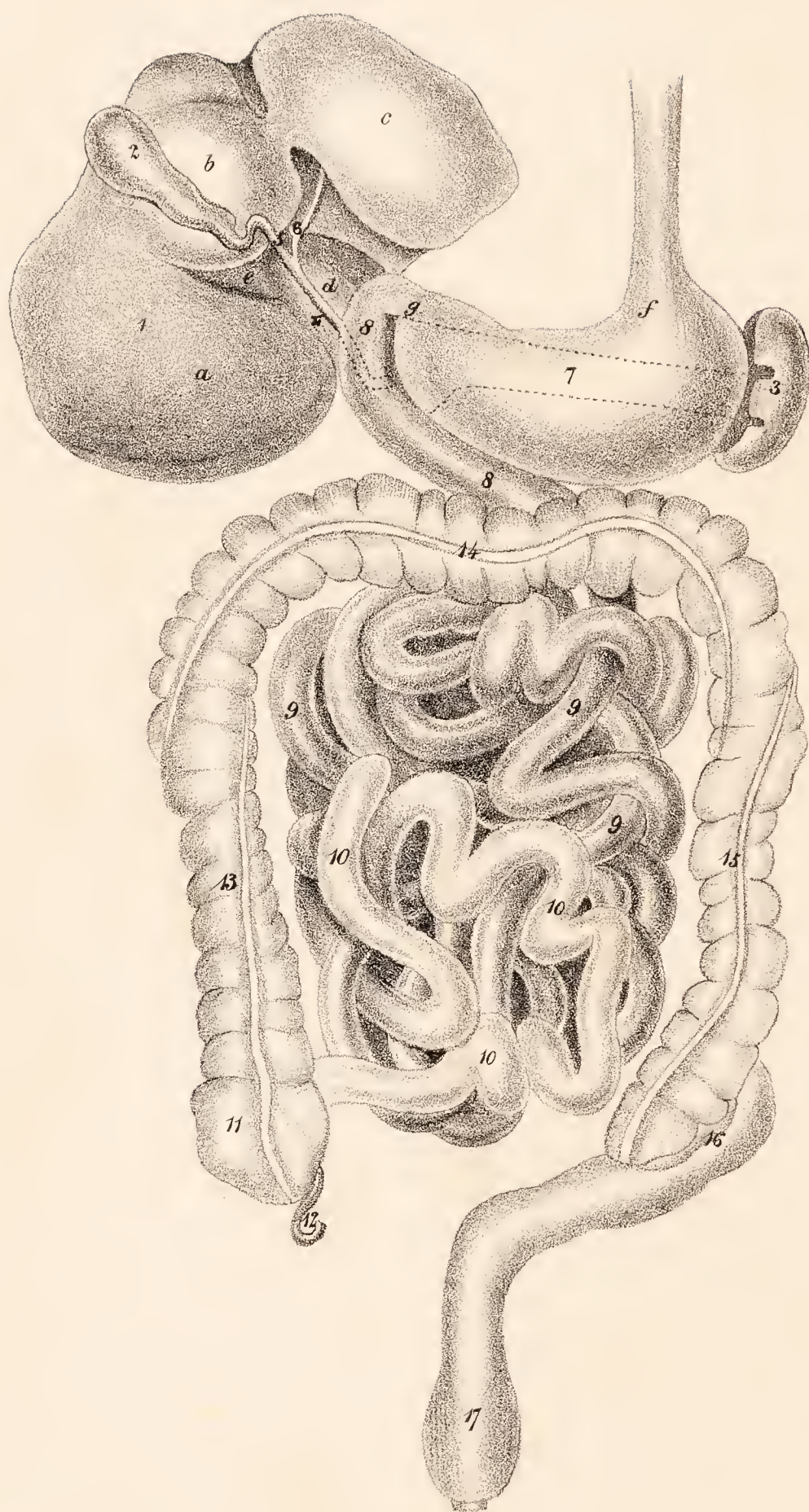
On the manner in which *Time* Influences the *Digestive* Organs—Indigestion—Plethora—Anorexia—Gastrodynia—Hypochondriasis—Constipation—Affections of the Lower Bowel—Prevention—Cure 36

CHAPTER VI.

On the Manner in which Time Influences the Circulatory and Nervous System—Apoplexy 50

CHAPTER VII.

OF THE INFLUENCE OF TIME ON THE URINARY AND REPRODUCTIVE ORGANS—*Section I. IN MAN*—Depravation in the Quality of the Urine—Loss of Power, Retentive or Expulsive—Stricture—Anaphrodysia—Impuissance—Powerful Influence of Medicine in Restoring to Health. *Section II. IN WOMAN*—Debility—Leucorrhœa—Uterine Disease—Sterility 56
Cases 79
Conclusion 91



THE ALIMENTARY CANAL.

EXPLANATION.



1. THE LIVER, turned upwards, to bring into view its under surface. It consists of
 - a.* Right lobe.
 - b.* Square lobe.
 - c.* Left lobe.
 - d.* Lobe of Spigell.
 - e.* Tail-like lobe.
2. THE GALL BLADDER.
3. THE SPLEEN. The dotted lines from it mark the course of the Pancreas, the duct of which terminates in about the middle of the descending portion of the duodenum, there joining
4. THE COMMON BILE DUCT, which passes to divide into
5. THE CYSTIC DUCT, which joins the gall bladder and
6. THE HEPATIC DUCT.
7. THE STOMACH.
 - f.* Its cardiac orifice.
 - g.* Its pyloric opening.
- 8, 8. THE DUODENUM.
- 9, 9, 9. THE JEJUNUM.
- 10, 10, 10. THE ILEUM, terminating in
11. THE CAPUT CÆCUM COLI.
12. THE VERMIFORM APPENDIX.
13. THE ASCENDING COLON.
14. THE TRANSVERSE COLON.
15. THE DESCENDING COLON.
16. ITS SIGMOID FLEXURE.
17. THE RECTUM.

TIME VERSUS LIFE.

CHAPTER I.

Tempus Edax Rerum—Effects of Time on all Things—On Animate and Inanimate Matter—Regular progress of the influence of Time on Inanimate Objects, contrasted with its irregular operation on Living Creatures—Nature of the present Work, viz., An Attempt to trace the Causes which accelerate the destructive influence of Time on the Human Species, and to point out the Measures, (Medicinal, Dietetic, and Moral,) by which this influence may not merely be modified, but by which LIFE itself may be extended beyond the ordinary period of TIME.

THE cradle, the bed, and the coffin, are but types of the morning, noon, and night ; which further adumbrate the birth, death, and resurrection. The new-born infant is gently rocked to rest ; after the labour of a day, man sleeps ; at length, when the spirit has fled, his mortal remains are concealed from earthly view. *Then* Time may be said to end, Eternity to begin, and the grand secret of the Future is revealed to the moral ephemeron MAN !

The effects of TIME on all sublunary things have always formed a subject of deep reflection for the

mind of the philosopher. This power has long and justly been represented as a fell destroyer, ever crumbling down and defacing the grandest efforts of Art, and the most durable of Nature's productions. Nor is it the less potent when, like the hand of the dial, its movements are neither visible nor audible. The granite we look upon as ever-enduring, is as certainly weakened by the operation of the minute just elapsed as the foam which we see rapidly perishing before our eyes on the ocean. Yet has the scythe-bearer been somewhat traduced, for what he mows here he sows there ; and all his actions are thus twofold, since while he dissolves one series of formations, he is silently erecting others in their stead. In his operation, therefore, on inanimate nature, he is certainly not less of a benefactor than a destroyer : and the same must be true, on an extended scale, of his agencies upon living creatures, although our personal and individual feelings may blind us to the necessity which exists for the destruction of our own generation, in order to give ampler scope, and a new direction, for that which is to succeed us.

On inanimate matter, however, the influence of time is exerted with the utmost regularity. It may be calculated in the closest manner ; and all the agencies, which assist its progress or retard

its course, may be estimated with precision. Even in cases where this has not actually been effected, no one doubts the possibility of effecting it, and we must refer the circumstance, therefore, rather to want of interest than to want of power in its accomplishment.

But on living beings, how irregular, not to say capricious, is the operation of Time! Frequently he rejoices in showing his power over those whom every external circumstance has stamped with the characteristics prominently formed to resist him. Youth, strength, temperance, serenity of mind, and robustness of person, are often united, where he lays his withering or fatal hand; while at other times, the palsied step, the squalid form, or imbecility of mind, characterize a being whom he suffers to beard his power for half a century. So he oftentimes wantonly destroys the bloom of Hebe, to paint with freshened colour the cheek of over ripe maturity. Nor does he always deny to the veteran of threescore the ruddy complexion and bright eye; while in their stead he has substituted in the youth of twenty, a cadaverous hue and withered limbs.

These anomalous effects are not always to be traced to the co-operation of disease. Without apparent illness, time in one instance wrinkles the brow and whitens the hair much sooner than

in another ; many, without having suffered a day's illness, are older at forty than others, who have undergone much disease, are at fourscore.

*

*

*

*

But though instances of the kind above mentioned are sufficiently numerous to convince us of the imperfection of our knowledge, and the obscurity of nature, it cannot be denied that attentive observers have traced many of the general circumstances which operate on the power of TIME ; nor that those who will examine disease in the light I have ventured to place it, may discover many more. It is now upwards of thirty years since, having escaped the discipline of scholastic inquiry, I first learned to look on disease as the ordinary agent of time. The idea always present in practice, has often prevented the abandonment of a patient when relieved of a particular complaint, lest, perchance, in a few weeks he should fall into another ;—keeping an eye on time, not resting content until the constitution has been placed in the best train for resisting his weakening influence.

For a considerable period the evanescent nature of the clue discovered, rendered it impossible to give the force and clearness requisite for the public eye. A long course of experience was requisite, in order to stamp as an important

truth, that which, unsupported by cautious induction, would have been merely a speculation, that might have claimed the merit of ingenuity, but which never could have commanded the respect due only to practical utility. There are certain "slippery doctrines," however, of a higher class of practitioners, which betray themselves, and which do not savour of high-mindedness: their mischief, however, is not very important, it being generally admitted by all that "medicine is a mystery," and can be practised faithfully by the man of experience only. Books are excellent in their way; but consult the practical man, and he will honestly tell you, that the best (not the rail-) road to medical learning, is to unlearn. The same age that presented an Abernethy, a Baillie, a Gregory, a Johnson, a Paris, and a Wilson, and other men of eminence, only proves that doctrines are slippery things, and that "doctors differ" in the very essentials of practice. Yet, oddly enough, all these practitioners have justly enjoyed a high reputation, without any two of them agreeing on any given subject.

The bequest, by a humourous quaker, of his digestive organs to Mr. Abernethy, his heart to another, and his *womb*, if he had one, to Dr. Blundell, is a curious commentary on the opinions of those whom he had consulted.

After much consideration, it is here endeavoured to place the subject in question in a form tangible alike to the profession and the public. The plan and scope of the argument will develop themselves more clearly as the particulars are opened; at present, it may be sufficient to premise that the following pages may be considered as *an attempt to trace the causes which accelerate the destructive influence of Time on the Human Species, and to point out the measures, (medicinal, dietetic, and moral,) by which that influence can be so far modified, that, in many cases, life may be preserved to the ordinary period, or even in some instances extended beyond it.*

Perhaps no period has been so fruitful in the variety of opinions on the very subjects I have treated of as the present, which has been equally parturient of “systems” of medicine, original and revived. Of PHRENOLOGY, it would argue little reason to dispute either its ingenuity or importance: I am not a convert to the system, but I respect it nevertheless. MESMERISM has one high priest, who, when he shall abjure its idolatry, will confer a benefit on man. HOMŒOPATHY no doubt answers the purpose of its votaries; and, strange to say, assists materially by its harmlessness to cure those who have no complaint whatever; but let the unhappy hypo-

chondriac trust to that quality, and he will prove homœopathy to be armed with the deadly poison of “nothingness,” as to its power to heal; but that very nothingness *ensures* the earlier result of all living matter—DEATH! What shall I say of HYDROPATHY, the last new medical farce, that is now drawing crowded houses at Malvern, Bath, Blackheath, and other places, in imitation of the Temple at Gräffenberg? Why, simply this—that what of good there is in it, was long known and practised by every honest disciple of medicine and surgery, to the manifest advantage of the community; and it may safely be left to those who, having been so long unappreciated for better qualifications, are content to make their patients pay handsomely for being “hewers of wood and drawers of water.” Shade of BRANDY AND SALT! look down with more of pity than severity on those whose ministrations of sudden conversion speak little in favour of *human* mind; for I believe, with a recent author,* that however some animals lack the power of reason, their intelligence partakes of mind in an essential degree.

I am of those who bear a grateful recollection of a passing age, yet without being a slave to the practice of the then day: the remedial agencies were probably of a simpler form—there was less of speculation. I was an early witness of the blessing

* Dr. Dickson on Chrono-thermal Treatment.

conferred on the world by our countryman Jenner ; who was not merely subjected to a fusillade by Dr. Rowley, *et id genus omne*, but had to contend with the most awful prejudice that even professional men could bring to bear against him. But that illustrious man overcame all by the force of his moral command, aided no doubt by the sweetness of his disposition. Ranging, as my professional observation does, from the year 1803 to 1843, no less than forty years, and my youthful intellect having dawned under the genial influence of contact with some of the brightest of nature's sons—whether social, senatorial, or medical—it may not be thought surprising that I should promise myself some day the opportunity of giving, under a still more popular form, my observations on medical life. Few have had so large, fewer still a larger, share of confidence than has been awarded to my chance—for chance it has been ; while the peculiar objects of my practice has been restricted to no grade of society, HOWEVER EXALTED. I fall back on my early efforts, passed among the humbler class of our fellow-creatures, with unqualified confidence in the fact, that they were so gratefully considered as to give a bias to my future career—so successful, that it will hardly be believed that I have never followed to the grave any patient, the responsibility of whose case was exclusively my own!—yet such is the truth.

CHAPTER II.

General observations on the influence exerted by the ATMOSPHERE on the operations of Time—Variations in the Atmosphere—Changes as to Humidity, Density, Electric Condition, &c.—Air of large Towns, why prejudicial—Manufactories—Sewers—*Cloacæ*—Change of Air—Tropical Climates—Contrast between Climatal Influence, as it destroys multitudes in Fever, Dysentery, &c., and its insidious operation in undermining the Constitution, in the various forms of Hepatic and Pulmonary Chronic Disease: the latter class of Diseases having received less attention, are not so well understood as the former.

AIR, one of the necessities of existence, whether animal or vegetable, exerts, when pure, the most salutary—when impure, the most prejudicial—effect, on the operation of Time. But, in speaking of impurity of atmosphere, we speak of a change in the constitution of this fluid, of which we are profoundly ignorant; for in many instances the difference which constitutes salubrious and unhealthy air, is not cognizable by the senses.

Although, however scientific discoverers may have been baffled in proceeding along their delicate investigation as to the analogies of different kinds of air, the practical observer of disease, and its concomitants, has found indications which serve to connect danger with certain circumstances that can only operate by modifying the atmosphere.

Thus, of some fevers, the supposed cause is a putrid condition of the air; the pneumatic philosopher cannot discover putridity by any experiment, and the theory may therefore be true or false. Still, the interpreter of nature, having found a putrid condition of the soil and the disease in question attending each other, as cause and effect, naturally adopts the practice of removing the putrid matter from the patient, or the latter from the noxious cause.

Without pretending to theorize, we may, from experience, gather many facts as to the state of the atmosphere, highly useful. In the first place, nothing is more certain, from the concurrent testimony of all medical writers, and from our own observations, not only on man, but on the domesticated animals, than that *humidity* of air has a marked and depressing influence on the economy. Air, overladen with moisture, exerts evidently a lowering influence on our spirits; and the continuance of a wet season is invariably accompanied by pulmonary disorder. Persons generally observe this circumstance; and those who possess a right share of prudence, adopt consequently proper expedients for keeping up the action of the skin, and supporting the system: but it is only in the more obvious cases.

In this island, there are many places so flat

and low, or otherwise so contagious, from the general moisture of the air. The injurious effect may not be shown in the shape of actual disease, and therefore may be unobserved ; but a slow and gradual change of the system is effected, which much accelerates the influence of time on the ultimate destruction of the frame.

Notwithstanding this observation, it is a curious fact, that a certain proportion of water is necessary to constitute a good respirable atmosphere. Air, rendered quite dry by artificial means, is extremely unpleasant ; and some very lofty situations are objectionable on the same grounds—*in medio tutissimus ibis*.

Air, however, becomes objectionable, as it were, by sameness : winds, thunder-storms, &c., seem necessary to agitate its mass, and disperse its elements. To persons of delicate health, a still further modification of the respirable medium is necessary, and hence the salutary effects of *change of air*.

The good derived from change of air is too frequently supposed to arise from the removal of the patient into a purer atmosphere. But to alter the air we are in the habit of breathing, operates on our constitution in a decided manner, quite independently of the circumstance of its purity or impurity. I have known patients, reduced by

long-continued ailment to the most alarming state of debility, who have experienced temporary relief from a residence of a week or two in London : in one instance, where a very crowded and ill-ventilated part of the city was chosen for residence. Such cases are rare, but they serve to show that there is something (however little we may understand it) in the *mere* change of air, independent of any modification in its composition

Many physicians attribute much effect to the *electric* condition of the air, as raising or depressing the powers of life ; but their ideas on the subject are by no means in unison with one another, nor do they appear to have much precision, being generally founded on supposition and speculation, with little reference to fact or experiment. Without pretending to have entered into an investigation of this subject with the attention its merits demand, we may observe that we are convinced the elevation of the vital powers, and the quantity of electric material in the atmosphere, are not in direct ratio.

If there be more or less of this fluid in the air than ordinary, the system is alike depressed. Like moisture, and perhaps many other qualities, a due *proportion* between the electric fluid and the other elements of the air, appears necessary to the healthiest state.

But the electric condition of air is so perpetually changing, that when it does not produce actual disease, it can have little influence on the march of time—its excess at one period being probably compensated by its deficiency at another. In England, atmospheric changes are so continually evolving, as to expose the animal economy to proportional changes in function, particularly in the bowels.

In the crowded habitations which commerce obliges mankind to occupy, the state of the air is changed from its natural simplicity, in many injurious ways.

In the first place, from manufactories and workshops, many noxious fumes are constantly exhaled. Of this general ill effect, we have constant examples before our eyes ; and it is rather surprising that the chemical composition of these effluvia, and their particular operation on mankind, have not been more accurately noted. This, however, seems pretty well established—that the effluvia which act chemically, act far less prejudicially than such as act mechanically ; as, for example, the dust of glass, and other fine irritating particles, which are inhaled in manufacturing towns, to the destruction of thousands annually.

A fruitful source of human ailment is the pre-

sence of sewers and *cloacæ* in large towns.—Churchyards also have been pretty generally supposed to contaminate the air. The latter cannot be regarded, however, as equally prejudicial with the former. Independently of the common observation, that the earth is a powerful antiseptic, and that the depth at which bodies are buried, must prevent the transmission of effluvia, it may be doubted if putrifying animals render the air unfit for respiration in the same degree as they render it unpleasant. Such, however, is not the case with putrifying, or even fresh animal secretions: they, even when exhaling little odour, are known to contaminate the air in a manner that is highly detrimental to the function of the lungs. This contamination, when operating with intensity, and on a large scale, is too obtrusive in its effects to escape the attention of the most ordinary observers. But I have established the fact, that the exhalations of the animal secretions contained in *cloacæ*, &c., produce a slow and insidious effect on the lungs, and depress the nervous system so far as to render it peculiarly susceptible of paralysis, or at least of inactivity.

What a train of evils belong to deteriorated air, as it exists in tropical climates; and how much has been written, and how much done, for their alleviation! I, too, have trod the

jungle, and inhaled the miasm ; and it has been my lot to follow the friend I had met one day happy and healthful at the convivial board, to his grave on the next. Happy is it for mankind, that the meritorious labours of the medical profession have been so long and nobly persisted in, and that the fruit of so much and dangerous toil is far from inutile. Yet we cannot but observe that here, as in other cases, the striking self-obtruding facts have obtained notice, to the exclusion of others equally interesting, but demanding minuter attention and more delicate tact.

The effect of miasms and noxious airs, as they march with the tread of desolation through cities and provinces, the dire cholera, yellow fever, and dysentery, have had their steps slowly tracked, their causes investigated, their effects displayed by the hand of the anatomist, and their best curative agents established. But who has traced the operation of that invisible climatial influence which embrowns and bile-tinges the cheek—makes the hand tremble—palsies the mental energies, and renders sickly and torpid the digestive faculties of those who have escaped the dire visitations of the epidemics, or the accession of morbid disorders,—of those, in a word, who may be said to have escaped disease, but who

have not escaped the infection of those germs of dissolution which silently and remotely, but still surely, hasten the destructive march of Time on the human economy?

I have devoted much time to the consideration of these insidious destroyers; and perhaps my brief residence in India, and frequent consultation with those who have returned invalided from that land of wealth and disease, may have rendered my opportunities of investigation in a great measure peculiar to myself; nor have I escaped the imperceptible, and yet certain change, that a tropical climate effects on the constitution; and hence I have found an additional stimulus to observation, and a constant object of examination. But my consequent anxiety has been solaced by the consciousness that I have been thus better enabled to rescue many who were insensibly declining under the baneful influence of Time, from his iron grasp—at least, for as long a period as could be expected, or was desirable.

CHAPTER III.

On the manner the effects of TIME are influenced by DIET—Of Insufficient Food—Of Excess of Food—Of the various Qualities of Food—Vegetable—Animal—Fresh and Putrescent—Of Condiments—Of the form of Food—Abundant, with little Nourishment, or Small in Quantity, but highly Nutritious—Of Liquids—The effect of excess in Drinking—Of Dry Feeding—Aqueous Potations—Of Strong Drinks—The Vinous Kinds—The Spirituous Kinds—Temperance—Temperance Societies—Abstinence—The Teeth, as primary Agents in Digestion—Their loss important—The Food thereby introduced disadvantageously into the Stomach—Mr. Abernethy's System—Little or no Fluid at Dinner.

THAT the march of Time must be much influenced by the nature of the material sustenance we receive, is a proposition that will obtain from all ready assent. Yet the *modus operandi* of improper diet, when it does not cause indigestion, is perhaps little understood. No one, however, can doubt that in this, as in similar cases, the long-continued operation of injurious agents must have the effect of preparing the way for a general break-up of the system long before any symptoms of disease are presented.

The progress of digestion may be thus simply shown. By *mastication*, the food becomes impregnated with *saliva* (a most important secre-

tion,) and is then directed into the stomach, where the gastric secretion, in connection with some peculiar action, converts the food into chyme, becoming of a soft, pulpy, creamy consistence, in which state it approaches the pyloric orifice, and is gradually received into the duodenum. Now a further change takes place; the chyme unites with the secretions of the pancreas and liver, and undergoes a peculiar process,—namely, that of separation into chyle and fœces; the former is taken up by the lacteals, and conveyed by the thoracic duct into the general circulation—the latter pass through the bowels.

It does not belong to my present purpose to trace the operation of *insufficient food* on human nature generally. The multitudes who are swept from the face of the earth annually by this cause afford a melancholy picture for contemplation, especially in civilized countries, and of all others, in this! For it is not only by actual starvation that death is produced: where the food is not in sufficient quantity to satisfy the natural appetite, or where it does not possess enough of the nutritive property to repair the daily wants of the system, a state of emaciation succeeds, which gradually undermines the whole constitution; and, even when things are not so bad as this, a scanty diet will generally reduce the powers of

the heart and brain to such an extent, that these organs become incapable of throwing off incipient ailment, as they would do in a higher state of health. Slight accidents, accordingly, produce in such persons alarming symptoms and fevers, and inflammations are developed from causes which, in better constitutions, would produce nothing more than colds or influenzas.

These observations on insufficient food will apply to another class of patients than the indigent; and it is to the former only that they are addressed, as the nature of my practice saves me from the heart-rending duties which too frequently devolve upon those who have the care of the sick poor. Many persons, in respectable spheres of life, suffer from scanty food in the following manner: some having imbibed the prevalent notions of the impropriety of eating too much, and the advantages of the *Cornaro* system, actually render themselves uncomfortable, and lay the foundation of impaired digestion, by restricting themselves to a diet too sparing in quantity, or not sufficiently stimulant and varied; while others who, from indulging too much in sedentary or slothful occupation, have allowed the appetite to decrease, instead of endeavouring to excite it artificially, allow it to diminish to the utmost degree. I shall have occasion, hereafter, to point

out the prejudicial effects of this partial knowledge of dietetic precepts.

Excess in Feeding is an enormity which has met with due reprobation from pathologists of all ages. It operates to the prejudice of the human constitution in various modes. In childhood, it commences its attacks in the organs wherein it is first received—the digestion is destroyed, and the belly tumefied; but this disorder of the *primæ viæ* protects the rest of the system from the noxious influence that unassimilated matter would otherwise exert on every organ. At the adult period of life, the assimilating vessels becoming either more vigorous, or less delicate in receiving improper matter, the cause of disorder is extended to remote parts—the body becomes fat and bloated—the nourishment of the muscular system is impaired in such a manner that the flesh is rendered soft and flabby, and its powers of exertion are considerably limited. In old age, the extra nourishment received into the system not being carried off by secretion, a plethora is induced, which soon ushers in its fatal concomitants—apoplexy, gout, dropsy, &c.

In which of the various modes, whereby the general system may be disturbed by gastric irritation, over-feeding tends to facilitate the inroads of time, I cannot state with precision; probably

in several at the same time, or differently in different instances : but there are few facts better established by experience, than that those who eat with voracity are not long lived. Indeed, it has been said by competent authority, that excess in eating is more dangerous than excess in drinking. It is true the observation cannot be acceded to as a general rule, however correct in particular instances. Still gluttony injures the stomach by over-distending its coats, and thus destroying its tone ; it exhausts, in the process of digestion, a great proportion of that nervous influence which should be expended on other purposes in the economy ; it causes mechanical impediments to the circulation, from the pressure of undigested masses on the great vessels, and affects this function still more prejudicially by corrupting the blood in quality, and perhaps rendering it excessive in quantity. It is very evident that, in either or all of these ways, high feeding must have the effect of enfeebling the body, and precipitating the hour of Time's victory over Life. It is, perhaps, in the last of these, viz., by exciting an undue fulness in the blood-vessels, that it most frequently operates. Mr. Barlow, many years ago, saw this circumstance clearly, and put it in a very forcible light. He observed that, in consequence of the artificial state of society, there

was a constant tendency in the constitution to accumulate more blood than is natural or proper ; that the abundance so created was carried off by extra secretion from the alimentary canal and the skin, for a certain period, but that in time plethora was established, although this might remain for a long time the dormant cause of disease ; and he inculcated the propriety of watching this state, and administering relief before disorder was visible. Mr. Barlow appears to have carried his ideas further than this—and in my humble opinion too far ; but as to the correctness of his advice there can be no doubt,—“ Prevention better than Cure.” This principle can have no opponents, except among the interested and sordid.

Considering how much the *quality* of food operates in the production of disease, we can have little hesitation in assigning to this cause an important influence on the march of Time. How far a particular system of diet is conducive to longevity, can only be known from the observations that have been made, with reference less to the topic under consideration, than disease itself. It would require statistical tables of great extent and accuracy to determine, for instance, whether those who live on vegetable food only, on animal food, or on a commixture of both, live longest ; and what modifications climate, country, and

habit, might induce on the primary influence of these different kinds of diet. We have, however, no returns of the kind.

Reasoning from the scattered facts of which we are in possession, and from analogy, we should consider that, under all the range of circumstances of climatal change and altered habits of life, those are likely to prolong life farthest who partake of a diet composed of both animal and vegetable sustenance : the proportion of the former being increased during winter, in a cold climate, and where much exercise is taken ; and the latter in hot climates, during summer, or by those who have sedentary occupations.

The question of the degree of plainness in which food should be taken, will be discussed in another part of this work. It is sufficient to remark here, that simplicity appears a great dietetic virtue in those who have great digestive powers. Condiments stimulate and comfort, but they undermine the powers of the stomach ; and this organ, ever weakening with the advance of years, acquires, from their constant use, a premature old age.

It is not less interesting to know how great a degree of *concentration, with nutritious quality, of our food* is conducive to longevity. In animals, any process that concentrates their natural food

into small bulk and highly nutritive qualities, fattens rapidly, but if persisted in, destroys life. Healthy peasants could not work so well on jellies and rich soups, as on bacon and beans, or beef-steaks and potatoes. The white bread we use in London, though more nutritive, does not keep up the strength and the appetite so well as the country bread, which only differs from it in having a greater proportion of *pollard*, or indigestible matter mixed with the farina, or nutritive part of the wheat. Gruel ranks foremost as an article of diet; next arrow-root, sago, tapioca, and rice—indeed, all the farinaceous class are wholesome: some modification is often required, as depending on debility, or irritability, of the stomach. The remembrance of these circumstances leads to valuable surmises, although not to active conclusions.

What Liquid Diet is most favourable to Longevity? This question can no more be replied to from appropriate and authentic records of experience than in the case with respect to solid food. Yet, if we take that which appears a fair rule, viz., that whatever has a manifest tendency to produce disease, tends to shorten life most rapidly, we shall establish very readily what liquids favour the operation of time in the greatest degree; namely, all *vinous and spirituous drinks*,

however disguised, diluted, or modified ; and, on the other hand, we may infer, with equal certainty, from the opposite series of facts, that *water*, of the ordinary purity as found in the earth, is that which supports life the longest.

But in what degree the artificial drinks that are taken by all nations injure or nourish, is a problem much more difficult of solution, and yet well worthy of consideration ; because intoxicating and inebriating potations of various kinds will continue to be taken, whether injurious or not, and partly because such is the force of habit, that their omission by those persons habituated to their use, would be attended, in many instances, with evil consequences.

Of strong potations, wine or beer, taken in moderation, appears to do less mischief than any others. Indeed, in civilized life, where many circumstances tend to depress the nervous system, and weaken its tone, wine is truly a medicine : it enables the stomach to digest, and the heart to circulate the blood through the fountains of life, when their unaided powers would be inadequate to the due performance of their necessary offices. When taken to that degree which stimulates the system sensibly, it appears to do little mischief, if the habits of life are regular, and exercise is used ; but beyond this point, or in slothful habits,

wine commences effects of a serious kind—the body is enlarged, the face bloated, and the brain oppressed. Wine is, on this account, injurious to the aged, since it appears proportionably to stimulate the vessels of the brain in a greater degree than even spirituous liquors.

Spirits, much diluted, are, when taken in moderation, not greatly injurious; and what has been observed of the occasional good effect of wine, used medicinally, is equally true of these. Their quality, like that of wine, is of the utmost consequence, and their quantity requires the same parsimonious regulation. Spirits may, more or less, affect longevity, according as an individual possesses one organ or another prone to disorder, if they have a particular affinity for that organ. Thus, gin would shorten the life of him in whom the bladder or kidneys were irritable, while it would be, of all strong potations, the best that could be taken by a person whose cerebral system was easily excited.

The drinking of raw spirits, as it is the lowest and the most invincible custom in which men indulge, so it is that which most certainly shortens life; the wine-bibber and the grog-drinker are occasionally found advanced in life, the dram-drinker never. The first is often distinguished by ruddiness and fullness, which, though

by no means indicative of the most lasting health, still point out its present existence; and of the second class, many consume several tumblers of spirit-and-water daily, without evincing material disorder. But the *last* is always pale and emaciated, with a nervous system so shattered that its ordinary functions can only be kept up by a constant repetition of the same baneful stimulus.

By the consumption of raw spirits, how many are annually cut off in this country! The calculation, if it could be made, would present a fearful result; yet in such an estimate we should not include those who take the single dram occasionally—for vapours, or as a digestive after rich viands. Yet such practices are hurtful; raw spirit is too strong a stimulus for any stomach to bear with impunity: all its good effects may be derived from its use in the diluted form, except its influence on digestion. But surely, if the dish with which we would gratify the appetite be so noxious to the stomach that natural digestion is disturbed, it must be wiser to abstain from the injurious luxury, than force it through the system by the addition of an agent still more injurious to the powers of life. He, therefore, who would live long, must abjure all spirits.

CHAPTER IV.

On the effects of the MIND and MUSCULAR SYSTEM on the operation of TIME—Anxiety—Study—Fatigue of the Muscles—Inactivity—Domestic Causes tending to affect the Mind—Political Causes—Political excitement often disadvantageous.

THE ancients have described, with their wonted force and beauty, the reciprocal influence of *Time* and *Mind* on each other, and modern philosophers have agreed with them ; so that, whether we turn to the page of classical poetry, or to the more recondite labours of practical observers, we find the praises of “the even and constant mind,” of “the tranquil and serene life,” celebrated with equal ardour, though in many different modes.

If the exhausting influence of anxiety and uneasiness were continued through life, no constitution could so far bear up against it as to attain longevity. Fortunately, our position in this world is liable to so many vicissitudes, that it is scarcely possible to remain long plunged in the depths of misery. Either external circumstances become altered, or the mind is habituated to the state in which it is placed. Thus, the

wretched prisoner of the inquisition, anxious for his own fate, and in darkness as to the state of his family, remains not so long despondent as we should expect from his disastrous situation. He hopes for the death of his persecutors, that his prison may be broken; that rebellion, or the influence of his friends, may come to his aid; or, if all these fail, the eye is at length accustomed to the partial light of his cell, his limbs to their inactivity, his mind finds amusement in reverie and recollections, and, though deprived of external excitement, feeds not unpleasingly on its own exhaustless stores.

The mind is its own place; and in itself can make a heaven of hell—a hell of heaven.†

*

*

*

*

Independently of great calamities, there is a state of mind produced by habitual indulgence which is usually denominated *irritability*, that has a formidable influence on longevity. The state in question, as it is feebler than violent emotion in respect to immediate effect, so it is longer continued, and hence scarcely inferior in its ultimate operation on the duration of life; and not only is it of longer continuance, but more

† “The amount of suffering which is inflicted on the body through the agency of the mind, is only equalled by the retributive misery reflected on the mind through the medium of the body.”—*Dr. James Johnson*.

constant; for the causes which excite it being very trivial, they are continually occurring.

This exhausting state of mind shows itself variously in different individuals. In the lady of fashion, when disappointed at the effect of a dress, or the appearance of a new carriage; in the merchant, anxious to drive a bargain, or manage a speculation; in a minister, thwarted by an intriguing courtier, or annoyed by a factious opposition; in a tidy woman, mad with vexation that a china cup is broken, or a speck discovered on her fire-irons.

That such ridiculous causes should have any serious influence on human life may appear paradoxical to many, nor do we pretend that their occasional, or even their repeated, occurrence has perceptibly any such effect. But when the mind has become so morbidly sensitive that they cause emotions not less vehement than the strongest passions,—when every slight opposition is a source of anger,—when every trifling disappointment causes poignant regret, none who have observed human nature can doubt the truth of these observations; and surely there are none who will deny that instances similar to those depicted are sufficiently frequent. Authors and poets are especially affected by morbid sensibility, and are often compelled to postpone their labours, to the

serious detriment and loss of comforts to their families, and to the endurance, in their own cases, of personal privations. I have known clergymen who could not compose their sermons ; and even general officers who could not issue commands.

Akin to the mental disorder above mentioned, and still more formidable in its effects on longevity, is the extreme sensitiveness with regard to one's health, which constitutes *hypochondriasis* ; a disease as positive, and as much under the controul of medicine, as an inflammation or an abscess. The unfeeling, or the ignorant, may deride the victim of *nervous disorder*, as if his illness were one of his own creation—the offspring of his fancy. But the philanthropist will consider as truly dreadful, those affections which resemble, in the feelings they excite, the most torturing maladies ; and the sagacious physician will acknowledge that, although amenable to the agencies of medicine, they require a tact and discipline of mode which belongs but to the gifted few.

Mr. Abernethy, a man not likely to be the slave of a superstitious feeling, avers that spectral illusions are symptomatic of that species of hypochondriasis which arises from gastric irritation.

The exercise of the *reasoning function* has a great influence on the body, an influence so evi-

dent as even to alter the very form and countenance. Sir Walter Scott has with a happy boldness dared to vindicate openly this predominating influence of mind, in the passage where he speaks of one who had the air of grace which "education always imparts to the commonest features." It is not therefore surprising that the exercise of the faculties should materially affect the health, the tone, the longevity of man. How many of the most valuable and refined of our species fall a sacrifice to undue mental exertion, in the various stations of life, especially in our colleges and in the inns-of-court; a sacrifice not to be ascribed solely to the *sedentary* nature of their employment, since the tailor and the shoemaker, who are much worse off in this respect than the student, suffer not a tithe of his ailments, perhaps not a hundredth part of his morbid feelings.

Yet, will not the opinion that undue mental exertion is unfavorable to health, be confidently opposed by an appeal to experience? Will not the names of a thousand long-lived labourers in the fields of philosophy, with Newton at their head, be conjured up against us? We allow the truth, that the possession of the highest intellectual attainments is quite compatible with the longest life; and it would indeed be wonderful if *He* who dignified man with the great attribute of

reason should have rendered its exercise prejudicial to life and happiness. But to the healthful exercise of this high faculty, it is necessary that the mind should be relieved from all doubt, embarrassment, and perplexity. All the examples to which we have referred were either men whose peculiar temperament rendered them insensible both to the cares and anxieties of the world, or who were in such circumstances of opulence and security, as to be placed above them. But how different must it be with the lawyer or the divine, who labours with toil and anxiety through many studies congenial to his taste, in the hope of that preferment demanded by his ambition, or that emolument which is necessary to his own, and perhaps his family's support. How many, having only the advancement of knowledge in sight, suffer acutely from the fear of failure, and from the anticipation of modified success. In our own person we have an example of the different effects of intellectual labours under different circumstances of prosperity and apprehension. At present, gratified by the confidence of numerous patients even in the higher walks of society, literary labour is a pleasure,—in fact, engendering better health than while undertaking a necessary but severe professional investigation. Formerly, when young in life, while essaying to

lay the foundation-stone of that experience on which the present success is founded,—fatigued and harassed by the labour and difficulty of collecting facts necessary for the corroboration of opinions perplexed by the obscurity and contradictions of predecessors in the same labour,—health waned; yet the bright vision of future utility cheered the mind, and through its tranquillity, ultimately restored the health.

Yet neither too great exertion of body nor of mind appears to act so prejudicially as their total inactivity. It is not the place here to trace the gradual steps by which sloth undermines the form and constitution of the robustest frame: the subject has been sufficiently handled by the physiologist and the moralist. By none more pleasantly than by Johnson in his fable of Hacho, who falling before his antagonist after a long course of dissipation, (for which he first acquired a taste by eating honey when fatigued), exclaims, “Alas! the honey which I tasted in this forest, and not the hand of the King of Norway, conquers Hacho.”

When the intellectual faculties want employment, every morbid feeling makes an undue impression on the vacant mind, exercises the imagination at pleasure, and too often subdues the judgment. Occupation, then, not labour,

whether mental or bodily, is the best opponent of time.

It has been endeavoured briefly, no doubt imperfectly, to trace the operations of various habits and customs of *life* on the operation of *time*. It will next be attempted to describe what is the natural operation of this powerful agent on the various parts and functions of the body, and of the means by which the force of these operations may be parried or subdued.

CHAPTER V.

On the manner in which *Time* Influences the *Digestive Organs*—
Indigestion—Plethora—Anorexia—Gastrodynia—Hypochondriasis
—Constipation—Affections of the Lower Bowel—Prevention—
Cure.

TIME gradually improves and strengthens the digestive organs from birth until the adult period of life. During the earlier part of childhood, the stomach and bowels are subject to frequent derangements of function. The least deviation in the accustomed aliment will excite vomiting or purging; and hence the great care which is required to regulate the quantity and quality of children's diet.

At the age of puberty the appetite is so great, oftener, indeed, so much greater, than at the adult period, that we might at first sight suppose the former to be the time when digestion is most powerful. Such, however, is not the case; the good appetite of "growing boys" is owing to the extraordinary necessity nature has for the supply of fresh material to assist in displaying the expanding structures; a necessity which of course ceases at the adult period. But a boy's stomach is not so strong as a man's. He can rarely bear with impunity any sudden change in his mode of

diet ; he cannot withstand the injurious effects of stimulants. Few boys would eat fat spontaneously, and they are often made sick by those rich soups to which they are so much attached.

The adult has a power of digestion superior to that of any other time of life, while the stomach is neither too insensible, nor too susceptible, of stimulus. The continuance of this state of system is extremely various ; but it may be taken generally as a measure of the power of the constitution, and the probability of long life. The rule, it is true, is not universal ; but it holds good in so great a proportion of instances as to be a matter of popular observation.

With middle age commences, in many instances, a gradual change in the powers of digestion ; a change often imperceptible to all but the patient, at least for a considerable time. The symptoms present innumerable shades of variety ; but they occur so constantly, in three or four groups, that they may fairly be thus classified. I shall treat, in the first instance, of indigestion and loss of appetite.

INDIGESTION AND ANOREXIA.

The indigestion which attacks the middle-aged man, in consequence of Time's effect on his constitution, is distinguished in some manner from ordinary dyspepsia—its great characteristic being its extreme slowness of progress. Impaired digestion may at this period of life run on for many years, without creating in the patient's mind the least uneasiness ; while indigestion in general, when arising from temporary disturbance in the system, or irregularity in the habits, produces very annoying effects on the feelings. The first stage of the former kind of indigestion has commenced when food of a particular quality only, or peculiarly seasoned, can be relished. He who cannot enjoy plain bread or meat—however robust he may appear, however healthful he may feel—should rest assured, providing always there is no efficient cause for his disorder, that the hand of Time is upon him, and that, sooner or later, his constitution will perish through the fault of that system which is, when healthy, the support of all the rest of the body. This may seem a terrible disease, but it is only so through man's own indiscretion—through his proverbial disregard of remote danger. If at the period above mentioned the middle-aged were seriously to set about a

reformation in the evil habits of what is called civilized society, he might anticipate, with every prospect of happiness, a green old age. Alas ! how many will read these remarks, and probably resolve to follow the advice suggested by reason, and dictated by experience, who, on the morrow, will relapse into their erroneous mode of life, and forget or postpone, until they cannot take advantage of this timely admonition ! But he who has firmer resolutions will ask, “ How am I to act ? ” Before such a question is answered, it will be proper to advance a little onward, and trace the further progress of the alteration in the digestive organs which time is capable of producing, when it is accompanied by imprudence.

The succeeding symptoms are a crapulous state of the alimentary canal. If the existence of air in the cavities of the body be at all times an indication of debility and loss of tone, it is particularly so at this time of life, especially when it becomes habitual, and does not seem to vary considerably with different kinds of aliment, while the bowels at the same time become altered from their usual condition. In some, especially those who have indulged in drinking, the bowels are more relaxed ; in others, they are obstinately constipated ; but most frequently they are too much relaxed at one time, and too much the reverse at another. The

appetite becomes capricious ; delicacies, which at the commencement of the complaint had always the effect of stimulating the stomach, are often disgusting to the palate, or if taken, produce serious inconvenience.

As the disorder advances, the stomach gradually loses its power to so great a degree, that it is incapable of subjecting the harder substances to digestion ; they pass undissolved, and the body, deprived of its natural support, becomes emaciated. From this point the symptoms vary considerably ; simulating every other disorder, and wearing out the sufferer by a thousand morbid sensations.

The disorder seldom, even in its early stages, follows this regular order of decay ; more commonly, it seems as if nature made a stand against this sinking of the digestive powers ; and we have two forms of disease, especially, in which disorder seems to extend ravages over the nervous system, leaving the functions of the stomach, in some measure, unimpaired. These are

GASTRODYNIA AND HYPOCHONDRIASIS.

The former is simply a painful affection of the nerves of the stomach, which comes on chiefly when the organ is empty. The pain is often terribly acute, and extends itself from the stomach

to remoter parts. It is, nevertheless, a complaint which will remain without getting worse for a long period ; it may be removed in all cases, as far as my own experience goes ; and, in the majority, by very simple remedies. In this, the scientific practitioner is distinguished from the blind empiric. The latter, ignorant how often great remedial virtues belong to substances which produce no sensible effects, attacks the commonest diseases with the most violent medicines ; the former, conscious that the shaft, however forcibly thrown, must fall harmless, unless aimed in the right direction, is content, having ascertained precisely what remedial agent is required, to afford assistance by the mildest means.

Hypochondriasis is a disease sufficiently common. Yet who shall describe it?—varying with every individual,—changing with every circumstance—permanent only in the miserable sensations it inflicts, is this disease. It is almost peculiar to middle age, senility and youth being alike free from its ravages. Though usually accompanied with indigestion, we remark that the latter is never so severe when existing in such combination, as when it occurs alone. The common cause of this complaint is an inactive state of the liver. It may arise from other causes, but this is the one most commonly found ; and,

the circumstance is so manifest, that it has not escaped the observation of medical men generally, who are unanimous on this point at least. It were better for humanity if we were all equally well agreed as to its treatment. But for many years past this has not improved ; we have still the old prescriptions—mercury, the mainspring of their practice, tonics and stimulant purgatives, the constant adjuvants. In common cases, these remedies are successful ; but in every case that arises from more hidden changes, they are injurious.

Hypochondriacal patients are often the most amiable and intelligent of our species. I have felt greater pleasure in the restoration of a confirmed hypochondriac to his family and friends, than in any other successful case in my practice.

It is not intended to present the reader with a comprehensive account of the treatment of this kind of affection, for particular directions can only be given in individual cases. Yet I shall state an opinion as to the general rules by which the conduct of persons, circumstanced as described, should be regulated.

The great remedies for all dyspeptic complaints, as well as for those which are nervous, are Diet and Exercise ; but they require important variations in different cases. A great deal of useful

information on the former topic, may be gathered from modern popular writers; amongst whom stand pre-eminently the names of *Abernethy*, *Paris*, and *Johnson*.

To each of these authors we are indebted for information; they all entertain what may be considered erroneous notions on many points; but the facts they have collected, and the reflections they have made, furnish much interesting matter for consideration, especially to those who have enjoyed extensive opportunities of testing their accuracy by the never failing standard of experience.

The first step the dyspeptic patient should take when he becomes aware of his condition, is to break up his old habits of life, *suddenly and completely*. He will suffer temporary inconvenience from this course, but he will soon congratulate himself upon its adoption. Late sitting up, late rising, late dinners, all must be abolished, and a return to nature accomplished at any sacrifice.

In respect to diet, the first great difficulty that is experienced in laying down rules for its management, is the fear of committing error by deducing general rules from partial instances. It is very common to hear medical men praising one article and dispraising another, merely because

they have found them agreeing or disagreeing with their own stomachs, or perhaps with one or two patients. There is, perhaps, nothing so prejudicial to mankind generally but that it sits well on some stomachs, and hence the patient should form a code of dietetics from his own experience, for the assistance of his medical adviser. Generally speaking, a diet composed of a fair proportion of animal food, in which the vegetable sustenance predominates, is the most wholesome. Meat should be taken but once a-day, and may be more or less cooked, according to individual palate ; it is most nutritious when underdone. Our ordinary fresh vegetables are upon the whole very wholesome, but there are always some which disagree with delicate stomachs : experience will point these out, and they must be avoided.

The meals of breakfast and tea require no particular notice. Bread must of course form the main article of nutriment. Without agreeing in the absurd notions that prevail as to the adulterations of *baker's-bread*, we must agree that it is not generally so wholesome as that which is home-baked. But then it is to be observed, that the latter is not very uniform ; it is lighter at one baking than at another, or moister or less perfectly baked : moreover, there are many persons with whom this bread does not agree. It

would be a waste of time to discuss the respective merits of chocolate, coffee, tea, &c. ; they are all equally good, and the alternate substitution of one for the other equally grateful and wholesome. But we would caution the middle-aged dyspeptic to refrain from any quantity of these fluids : they relax the stomach, and lay the foundation of future debility.

Butter, an important article in our morning and evening meals, should be very fresh and of pure quality, or it will materially disturb digestion ; and should be taken in much smaller quantities in proportion to the bread it accompanies than is usually the case ; on this account toast-and-butter is usually interdicted from the dyspeptic. There are few stomachs with which it agrees, and it is for many reasons a mischievous preparation.

DINNER is the only meal at which meat should be taken by the dyspeptic ; its kind and proportion to the vegetables being regulated by the feelings of the patient. Usually, the degree of easy digestion is as follows : pork (lean and fresh), mutton, poultry, fresh beef, salt pork, salt beef, veal and lamb. Fish, when taken without other sauce than salt and a small quantity of pepper, is often found easy of digestion ;

but in the way it is ordinarily served it is extremely prejudicial.

What drink should be taken at dinner? A great authority has said, nothing; and certainly, if we take a moderate quantity of food, and that in the moist and succulent state which is proper, we shall feel much lighter and pleasanter by abstaining from liquids; but no undeviating rules can be laid down. Many feel feverish and uneasy unless they drink at their dinner, and they ought undoubtedly to break the rule. Some diet, also, is drier than other kinds, and requires a certain quantity of fluid in order to render it more fit for the digestive process.

The time at which meals are taken is of great importance. The dyspeptic generally requires breakfast as soon as he rises; if he wait long, or take any previous exercise, he usually suffers from gastrodynia. Exercise before breakfast is, however, when an established custom, so advantageous, that we ought to put up with inconvenience to obtain it. Dinner, usually postponed until the approach of the evening, ought generally to be taken by the invalid in the middle of the day. As to the number of meals which are requisite, authorities differ: Mr. Abernethy restricted his patients rigidly to three; but with

delicate and dyspeptic patients the stomach suffers so much during a state of emptiness, that we must, in the majority of cases, permit them four.

The quantity of food is allowed on all hands to be of much more importance than its quality. The rule in this respect, first laid down by Dr. Fothergill, and lately revived as original by Drs. Paris and Johnson, is excellent for the dyspeptic, viz., that he should leave off eating when the imperious demands of hunger are satisfied, but long before the feeling of fulness in the stomach comes on. I say excellent for the dyspeptic, because, though the rule has been laid down for the healthy, we are convinced that its recommendation to them would be preaching to the wind. The middle-aged dyspeptic, however, should observe it rigidly.

There are no dietetic regulations that will avail much unless there be something like a general tone and vigour in the system ; for all parts of the human economy are so closely bound together, that the digestive organs cannot retain their power long if the functions of the lungs, the circulating vessels, or the skin, be materially disturbed. Hence the necessity of exercise, which at once promotes facility of breathing, a free circulation of the blood, and the insensible perspirations. The middle-aged dyspeptic should, even

if it prove at first very irksome to his feelings, persevere in taking as much exercise in the open air as possible. It should be employed in the morning and afternoon, and should be carried to the extent of producing only a *slight* fatigue. As to the particular kinds of exercise, the gymnastics are all of them too violent for the invalid; walking is very useful, unless it is found to hurry the circulation too much, in which case horse-riding is to be preferred. The dyspeptic who is too far gone to bear either of these, may derive benefit from exercise in which he uses little more exertion than is required to sit; as from sailing, riding in an open carriage &c.

Medicines are required by the dyspeptic, but they should be sparingly administered, for nothing tends more to the ultimate destruction of the stomach than the frequent administration of bit-
ters, purgatives, &c. I cannot here enter into particulars as to the medicines that should be taken, for, as has been already observed, each case differs from the other in some points, which require corresponding modifications of treatment. Hence the necessity of confiding the medical arrangements to the care of an observant practitioner.

A source of great uneasiness to middle-aged persons when time begins to affect their alimen-

tary canal is constipation, or inaction of the lower bowel, with all its troublesome consequences—piles, fistulæ, &c. Exercise by walking, and a diet composed chiefly of succulent vegetable matter, will do more to correct this state, than constant exhibition of purgatives. It is worthy of remark, that although a tendency to constipation is increased by travelling, yet the inconvenience is far less observable. I have known patients pass several days without an evacuation, who at home would have been much distressed at one day's retention. Has not the mind something to do with this? The French plan of lavements is very salutary, when artificial means become absolutely requisite.

CHAPTER VI.

On the manner in which Time influences the Circulatory and Nervous System—Apoplexy.

IN childhood and in youth the *circulatory* system appears to exist in its greatest vigour—in its most perfect health. The latter period, it is true, is subject to palpitation of the heart, but this is usually the effect of mere nervous excitement; or, if of a more serious nature, may generally be traced to some efficient cause, such as repelled rheumatism, inflammation, or the like. It is with the adult and middle-aged that *Time* very gradually commences in the circulatory system a series of insidious morbid changes, which are perhaps less under the control of the ordinary medical practitioner than any other.

We have the heart enormously enlarged in size—sometimes diminished. In one case its power is so far increased that it causes the beating of the pulses of the body to become visible, and even audible; in another, it is so weakened and attenuated, that the exercise of turning round may burst it in an instant; or it may refuse its

office from sheer fatigue. How much are we indebted to the immortal Laennec for what he has taught us of the true nature of diseases of the heart and lungs! Yet, with all his merit, as the interpreter of Nature in her mode of cure, he was unable to imitate her: he did not possess the practical skill in treating diseases which results from patient experiment and observation.

Ossification of the arteries, or the conversion of the blood-vessels into bony matter, is an affection evidently traceable to the operation of *Time*, for scarcely an old person can be found who is altogether free from it. This, like many other diseases of the system in question, is incurable, but like these also it does not preclude the attainment of longevity. They may be held stationary, and as they then produce no morbid feelings, are of little consequence.

The only advice we can trust ourselves to give is to the middle-aged, and those of advanced life, whom we caution to avoid plethora, or the too great fulness of blood: this affection is the foundation-stone of most diseases of the heart and lungs, and it is a state to which those periods are especially liable. The aged are usually considered free from plethora, because they become more meagre in person; but fulness may exist in very lean persons; and Sir Anthony Carlisle, in his

work on the "Diseases of Old Age," &c., has shown that aged men are very prone to it.

Besides removing plethora, the great indication of treatment is to keep the nervous system tranquil. The mind must be soothed, and the irregular action of the nerves controlled. We possess at present, in the practice, a number of medicines capable of effecting this control; but they are of a nature so powerful, as to be formidable instruments in the hands of the unskilful.

Gout and rheumatism are diseases of middle and old age, and affect the extremities of the vascular system. The middle-aged man, who is a free liver, should congratulate himself on the accession of the former; for unquestionably the ancient opinion is correct, which attributed to it the effect of preventing other diseases. The accession of gout and rheumatism may be postponed by temperance and regularity of living, and their immediate paroxysms are easily subdued by modern medicines. But in this respect we must be cautious, for the too rapid cure of gout by colchicum, and similar remedies, has often given rise to internal complaints of a much more formidable nature.

Dropsy is a disease of middle and advanced age, and if timely care be taken, is of compara-

tively easy cure, when there is no organic disease of the viscera ; if that occurs, palliation is all that can be attempted.

The *Nervous* system is dissimilar from every other series of organs in the body, as regards this particular,—that there is no period at which it seems perfected in all its powers ; as one of its faculties comes to maturity, another decays. From the hour it arrives at what may be considered its highest state, namely, in the adult, it commences imperceptibly to decay.

In infancy, the voluntary power of the muscles is acquired, apparently with no little pain and difficulty ; and the sensations are improved from obscurity to clearness, by constant exercise. In childhood, the exercise of the senses, and of the memory, occupies the whole mind ; in youth, that of memory and the passions. In the adult, the exercise of these faculties remains ; and judgment and decision are added, to give use and consistency to the whole. But even now memory is less retentive, sensibility less vivid, and these faculties decay gradually with advancing years.

In middle age the decay of the nervous system is not very apparent ; yet it is during this period that the foundations of blindness, deafness, and palsy, are laid. The middle-aged man is naturally

indolent ; and usually indulges more in the pleasures of the table than the younger or the older man ; hence a fulness in the head is engendered, which shows itself in redness, and a bloated appearance of the face ; the eye becomes red or suffused, and the hearing is sometimes dull, and sometimes impaired by occasional singing noises in the head. A person with these symptoms has the brain and nervous system in a state of plethora, a state which will ultimately exhaust the nervous powers ; and he may anticipate blindness, deafness, or palsy, when he arrives at old age. At present, therefore, he should bestir himself, and by rigid exercise, abstemious diet, and proper remedies, prevent death from giving the three warnings so soon as might otherwise be expected.

In old age, the failure of sight and hearing is not so entirely the effect of *Time* that we should despair of assisting them by remedial measures. The observant practitioner will generally find some morbid state of parts which may be removed, or so far modified as to afford great comfort to his patient. In this way the path to the grave is rendered smooth, and not even unpleasant, and the hour of departure delayed.

Apoplexy is a complaint in which the blood-vessels of the brain are broken, and the blood ex-

travasated on that organ, where, by its pressure, it causes death, or the paralysis of some part of the body. Its proximate cause is a fulness of blood in the head ; but this is not all, for otherwise we might always prevent apoplexy by bleeding. There is a peculiar softness of the brain, and debility in its blood-vessels, superadded. These are of slow progress, and owe their origin to the imprudence of middle age ; they may be prevented by the same means just mentioned with reference to failure in the organs of the senses.

CHAPTER VII.

OF THE INFLUENCE OF TIME ON THE URINARY AND REPRODUCTIVE ORGANS.—*Section I.* In MAN—Depravation in the Quality of the Urine—Loss of Power, Retentive or Expulsive—Stricture—Anaphrodysia—Impuissance—Powerful Influence of Medicine in Restoring to Health. *Section II.* In WOMAN—Debility—Leucorrhœa—Uterine Disease—Sterility.

IN the preceding chapters, I have confined my observations to the reciprocal influences of TIME and disease on LIFE. But in this, I have to consider their operation on another important subject, namely, the Reproduction of the Species. I shall divide the chapter into two sections: section I. of MAN; section II. of WOMAN.

SECTION I.

IN MAN, the varying influence of Time on these organs is felt with great intensity at all times; but it does not completely destroy the reproductive functions at so early a period as is the case in the female sex.

In childhood, the apparatus in question is confined entirely to the performance of one series of functions, namely, the retention and expulsion of urine; and the other powers are merely in a

state of preparation. It is singular, however, that there is, in one respect, an approximation between the earliest and the remotest periods of life. The formation of gravel and stone, a common disease of age, being also very frequently met with during childhood.

The age of *puberty* is that at which the great change occurs, which converts the organs in question, into powers capable of propagation. This change is more gradual than physiologists have commonly described : commencing, perhaps, at eleven years of age, its operation on the animal economy does not cease until eighteen ; and it may be prolonged beyond this time if puberty had not begun so early as the former period.

DEFORMITY.

Many are the permanent injuries which the constitution of man suffers during this important change, in consequence of imprudence, or even inattention. It often happens that, from the rapidity with which the expansion of the system in question takes place, some parts are developed more rapidly than others ; and consequently, deformity is produced. This may vary in its degree ; it may consist of no more than a simple

contraction, which will abate in after life that *intensity* of natural pleasure which might arise from the married state, both as regards the patient himself and his consort; or it may actually render the union of the sexes impossible; and thus frustrate the intentions and commands of Nature. It is true such a state may be counteracted by judicious, surgical interference; but the treatment necessarily involves a proportionate degree of severity when the complaint has become inveterate; while, on the other hand, the youth who just perceives any occurrence of the kind may by timely application obtain relief, speedily, and without an operation. Let parents, therefore, attend strictly to this point, nor delay in a case where delay only operates to render relief more painful and hazardous.

The evils which result from inattention at the age of puberty are, however, as dust in the balance, compared to those which imprudence entails on the future man. The formidable effects of early debauchery, both on mind and body, are so well known as to have become a matter of vulgar observation; and every parent takes more or less of precaution to prevent the too early union of the sexes. But the attention of the parent, or the preceptor, is too seldom directed to that far more fatal practice which is as diffi-

cult of detection as it is prevalent. The examples of this kind which large schools afford are so numerous, that they almost neutralize the great advantages derivable from them in so many points of view. The severest punishments, therefore, ought in all cases to follow the discovery of this baneful practice ; and its horrible effect on the body generally, and on those organs in particular, should be forcibly pointed out.

When youth has been passed without excess, the era of manhood is that in which the organs in question are least obnoxious to infirmity of any kind. But in civilized life, the temptations to anticipate the natural period of enjoyment are so many, and so powerful, that few become adolescent ere they have deeply drunk of error. Hence the multitude of cases of robust and well-formed men labouring under the secret consciousness of inability ; and whom it would be impossible to contemplate without pain, had not our art long since enabled us to hold out the promise of relief to the most afflicted.

Before entering further into the pathology of such cases, I shall make a few remarks on some disorders which are very common, and which are chiefly confined to the urinary powers of the organs under consideration, although they owe

their origin chiefly to diseases produced by the procreating agencies. Of those, the first is

STRICTURE.

Stricture, occasionally and only accidentally met with during childhood and youth, is a frequent and distressing malady of manhood and age. It seldom occurs to the young man, except in consequence of repeated attacks of gonorrhœa, or when that disease has been improperly treated, by irritating injections, or by quack medicines. It consists of a contraction, or partial closure, of the urethra (or passage through which the urine flows from the bladder), for the urethra is lined by a very sensitive and delicate membrane, and is furnished with circular fibres, which contract, in the healthy state, just in a sufficient degree to expel the urine, which would otherwise remain, in the quantity of several drops, in contact with this membrane, and produce irritation. Now, if the urine becomes highly stimulating, in consequence of high living, or if inflammation, whether from repelled gonorrhœa, from injections, or from cold, be set up in the membrane, it swells in particular parts, and the muscular fibres contract, thus a narrowing of the passage commences, which may go on to close the urethra completely.

Though this seldom happens in a young man,

it is so probable an occurrence in old age, if neglected, that we ought never to suffer a stricture to remain undilated because it produces little immediate inconvenience. It will never cure itself; and it is sure, some time or other, to excite formidable, if not fatal disease. For the same reason, a man should be apprized of the symptoms of an incipient stricture, in order that he may be aware of its approach, and crush the hydra on its first appearance, ere time shall have given it strength.

The first symptom (which, by the way, seems to arise from a weakness or relaxation of the muscular structure, that precedes the inflamed or contracted state), is an inability to expel the last drops of urine, which consequently fall by drops for some time after micturition. To this succeeds the appearance called the *twisted* stream, in which case the urine, instead of being propelled in a round form, assumes the same figure as that of water issuing from a water-butt when the cock is only half turned. This symptom may be noticed in incipient stricture, at particular periods only, whilst in the interval the stream is perfectly round. Hence persons often remain ignorant, for some time, of the existence of any such phenomenon.

Frequently a discharge of thin mucus attends,

which is often mistaken for gleet, or gonorrhœa, by those who are conscious of deserving these complaints; a sensation of irresistible forcing, arising from the contraction of the bladder, frequently comes on; pains too, of various kinds, and in different situations, are met with. Some patients complain of an aching sensation at the extremity of the glans penis; others, of similar pains along the inside of the thighs, or over the lower part of the belly.

Whenever symptoms of this kind are noticed, recourse should be had to a surgeon. As it is probable I may enlarge on the subject of stricture in a separate work, describing in full the appropriate treatment, it will be only observed here, that the management of these incipient cases may safely be trusted to the care of ordinary practitioners; but truth obliges us to say the reverse, when the disorder has become complicated. For a blind obedience to authority is in surgery, as in other sciences, the bane of improvement; and of nothing are we more firmly convinced than that those writers who have been so long looked up to by the profession, are *entirely* and *fundamentally* wrong in their ideas of stricture. Hunter, Home, Whately, and all their modern imitators, treat of stricture as a mechanical contraction of the urethra, to be dilated, and (thus

as they think) cured by the mechanical enlargement which a bougie is capable of effecting by being protruded through. My experience and observation have convinced me that this is an erroneous view of the subject; and that bougies, and similar instruments, should be used merely as stimuli to the vital actions, or the means of applying local remedies,—but of this hereafter.

The expulsive powers of the urinary organs may be impeded from other causes than stricture. It is not uncommon to find after long-continued debility a contracted state of the fibres of the bladder, which is very annoying to the patient, and sometimes is the foundation of a more serious disease. This debility shows itself in a sensation as if after making water the bladder were not properly emptied, and in fact such is the case. This state of parts has led, on some occasions, to formation of stone, or has passed, when old age approached, into complete palsy of the bladder. The mode in which it has caused stone requires a brief explanation. The urine, if too long retained in the bladder, deposits its sediment as it would do out of the body. Now, if the bladder is only partially emptied, an accumulation of this deposit occurs, which will gradually become converted into a solid concretion.

IRRITABLE BLADDER.

An entirely opposite affection, is very frequent and very intractable; I mean what is called *irritable bladder*. The miserable sufferer under this complaint is tormented with a constant desire to evacuate his urine, and this desire is of a most acute, and indeed irresistible nature. I have seen patients who were literally compelled to make water every ten or fifteen minutes. Under such circumstances, life is a continual torment; and even in milder cases, the malady is no slight source of affliction, especially to those who mix much in society, the ordinary restraints of which call into operation and aggravate the morbid feelings.

No complaint has baffled scientific surgery in a greater degree than this; and numerous as are the specifics which empiricism has vaunted, they all fail before the standard of experience. If I have been more fortunate in the treatment of irritable bladder, the reader will attribute the circumstance to my having accidentally observed the powerful effects of local applications to the roots of the nerves from which the bladder derives its powers.

The general practice has been to apply remedies through the medium of the constitution, to the *interior* of the bladder, already too irritable to bear even the natural secretion. Remedies

should be applied to the sacral nerves (which supply the bladder with feeling), to diminish their irritability without coming into direct contact with the sensitive membrane.

Extreme irritability of the nerves of the urinary system is a disease which, though not hitherto described, is well worthy the attention of professional men. It exhibits many varieties ; but in its commonest form the most remarkable symptom is, that the patient does not know what to complain of. He will generally say, “I have a particular *uneasiness* about the bladder, penis, testes, and all those parts, but no pain ; nor can I define what I feel.” This peculiar uneasiness is found, however, to be no slight grievance ; it wears and harasses the frame, and is often aggravated by practitioners, who treat all nervous complaints as visionary, and consequently pay no attention to the means of relief which medicine places in our hands. Pain in the loins, shooting along the nerves, is also frequently experienced ; aching of one or both testes is not uncommon, and when this occurs there is a singular contraction of the muscular fibres of the scrotum, which causes a screwing or rolling movement of the testicle in its sheath, that is attended with very disagreeable sensations. The complaint in question afflicts generally delicate persons, those especially who

are studious, or engaged in anxious mental occupation, and is commonly relieved by exercise. Such, however, is the anomalous character of these ailments, that we have several times met with patients who have said, "While we are quiet we are well ; but the least exertion, even that of walking, brings on the symptoms."

The best treatment is by tonics and permanent stimulants, which should be so combined as to act with concentrated force on the urino-genital system at large. Many modifications will be required to adopt this plan to varieties in the constitutions of individuals ; but those must be trusted to the judgment of the surgeon who may be consulted, since for them no rules can be given. As well might the painter endeavour to describe every tint in a large picture by words, as the physician attempt to paint in language each shade of disease ; and it is this dependence on individual judgment that exalts some men, to whom circumstance has denied much of fortuitous advantage, to the summit of the profession ; whilst others, far more learned and accomplished, wanting this judgment, are condemned to pass through life with a very partial degree of success.

The middle and latter periods of human life are obnoxious to various alterations in the quality of the urine, which lead to the formation of

gravel, and ultimately of *stone*. We are not well acquainted with the peculiar circumstances which render some men the victims of stone at a much earlier period of life than others. It seems in some measure connected with a vigorous though depraved digestion, and especially attacks gouty and rheumatic persons. The formation of stone may be prevented ; and, therefore, when the urine is found to deposit sandy matter, or to present any unusual appearance for a length of time, the safest plan will be to preserve a phial full of it, and have it subjected to scientific examination ; this will at once decide whether a preventive course of treatment is necessary or not.

The ravages of stone on human life will be considerably lessened by the introduction of the new method of operation called *lithotrity*. It is an invention of the French, and will doubtless undergo considerable improvements amongst our own surgeons. In this operation, the stone is broken and crushed by an instrument introduced *per vias naturales*, and therefore the necessity of using the knife is obviated. Its inventors presumed, at first, that this method would altogether exclude the operation by the knife : such, however, is not the case ; but, nevertheless, where there is no complication of the disease, and the sensibility of the parts permits, it should always be adopted.

Dismissing the further consideration of those disorders which chiefly belong to the urinary powers of the system, we proceed to speak of those which interrupt the functions of generation. They are of three kinds : first, impotence, arising from loss of desire, and hence called anaphrodisia. Secondly, impotence from deficiency in the procreating principle ; and thirdly, impotence from loss of mechanical qualification.

It often happens to the debauchée of middle age, and in a few instances (where imprudence has been long continued) to young men, that the natural desire seems, without any visible alteration in the structure of the organs, gradually to decay. There is no want of power nor of performance when the passions are roused, but these appear dull and dormant. It would appear at first sight, that few rational men would deem such a case deserving of medical treatment,—that the loss of desires which lead to so much trouble were “a consummation devoutly to be wished.” However, we find this philosophic spirit animating very few—*inclination* remaining even when *desire* is extinct : independently of which, he who lives in the married state owes a duty to another as well as himself,—a duty of which the neglect, in many instances, might lead to suspicion, to indifference, and even to crime.

It is very difficult to trace the causes of this deficiency in many instances ; in others it is sufficiently obvious. Thus, long continued drinking is often the palpable cause. I have found the immoderate use of tobacco so often connected with the ailment, that I am at length compelled to consider them in the relation of cause and effect. I was slow to arrive at this conclusion, from the great difficulty, according to the hypothesis, in accounting for the fact that the Irish peasantry, who are so extremely prolific, are addicted to smoking in an extreme degree. But it appears that it is only when tobacco operates so as to *affect the constitution generally* that it produces impotence ; and we have numerous instances where other agents produce no sensible effects until the constitution has yielded to their influence ; for example, mercury and the poison of lead : the former produces no effect whatever on a syphilitic sore, until it has rendered the gums tender ; the latter does no injury to the plumber for a considerable time, and then suddenly paralyzes his arms ; but between the time of his first imbibing the poison and the day before he finds he cannot work, he has no bad symptom whatever.

Snuff, taken in great quantities, has sometimes the same effect as smoking tobacco.

The inquirer will obtain an important clue to

the appropriate treatment of anaphrodisia,* if he remember that the seminal fluid is the natural irritant which excites the mind to the desire of venery; and he will observe, that in nine cases out of ten, the symptoms arise from a depravation in the stimulating qualities of that fluid. Hence the treatment will be similar to that which is applicable to the form of impotence we next proceed to describe.

Impotence or impuissance, when arising from the *want* of the procreating principle existing in the seminal fluid, is, as we have just hinted, often combined with anaphrodisia, and it *may* exist in conjunction with loss of mechanical power; but still it occurs independently of either. Vehement desire and vigorous power were both present in a gentleman who had just left the room ere I commenced this paragraph, yet he had never begotten a child; and the desertion of his wife and her subsequent pregnancy by her paramour but too surely convinced him of this imperfection. It is reasonable to suppose that this form of impotence, being something of a *natural* defect, is not so susceptible of relief as where it is accompanied by that loss of desire and those other symptoms which point out the existence of a

* Anaphrodisia, or disinclination to venery, is derived from a neg. and ἀφροδισια, venery.

morbid change : yet they are not quite hopeless, especially if the patient be not too far advanced in years, or if he have not been very dissipated in his habits.

It may be asked, by what means can the seminal qualities be changed? How can the procreative essence be imparted? By what talisman can you conjure into existence that subtle principle which has escaped in all ages the investigation of physicians—which has eluded the microscope of Liebekhein and the researches of modern chemists? Without professing to have arrived at the theory of the matter, I answer, that experience in this, as in many other instances, has preceded science. The ancients threw into their garments the most gorgeous hues by processes which they did not understand, and which modern chemists, though they profess to explain, can hardly equal ;—so the removal of ague by preparations of bark can be effected safely and speedily in the majority of cases, yet no one can solve the mystery of this fact.

To return to the present subject : It is matter of daily observation by surgeons that all the stimulating terebinthinate medicines which promote the flow of urine, excite also the genital inclinations and powers. It is not therefore surprising that by proper combination, and by cor-

recting the injurious effects which those substances otherwise produce, the cause of impotence may be removed ; and that it has been removed, cases that are appended will sufficiently testify.

OF MECHANICAL DISQUALIFICATION.

It is the young man who is chiefly afflicted with this baneful scourge, which leaving him still the slave of hope and fear, emasculates him in the very accomplishment of his desires. In these cases the fluid principle is secreted in due quantity, and the desire is vivid when no other circumstance occurs tending to disturb the mind ; but the presence of the object beloved, and still more the approach to the consummation of pleasure, causes a failure in the mechanical qualities—*erectibility, &c.* of the organs of virility.

This complaint may generally be traced to the practice of solitary vice during youth, and hence it is not very uncommon in large cities. When the firmness of manhood breaks through this dangerous practice, and dissipations of another kind excite a different and more natural feeling, the complaint may cure itself. Such, however, is not always the case ; many middle-aged persons have applied to me labouring under this form of impotence, which they distinctly trace to indis-

cretions committed at school, although ever since discontinued.

No cases of impotence are so much under the controul of medicine as these. Even where the indulgence of error has predominated for years over the struggles of virtuous resolution, and when indulgence also in the listless reverie of anticipated pleasure has subdued even the powers of the mind, (and the case is not uncommon), I have been able, by qualifying the unhappy sufferer for natural pleasure, to enfranchise him from the base bondage in which he has been held, and to restore him to society robust in body and sound in mind. Nor are there wanting many valued and cherished tokens of the gratitude of such sufferers.

The grand essential in the cure of all cases is INVIOLENT SECRESY. Unless the patient has the full assurance that his surgeon not merely *will* not, but that he *cannot*, expose his infirmity, his mind will be constantly harassed by fears, which will render all remedial agents unavailing. There must be secrecy of another kind. The patient should not know the remedies employed, nor their intended operation. The instant a patient begins to doubt—to ask why such a medicine is given—to assert that it has been taken before without success—to expect a palpable operation

from every thing which is exhibited, the curative process stops. Why is this?—it is because the treatment must be accomplished by agents of a mild character, which do not always purge, vomit, &c. in a perceptible manner; and because in all cases capable of influencing the body in a way of which few persons have an adequate idea, in the case of impotence it is sufficient to suspend the operation of any medicine.

It is true, there is an outcry among medical men against secresy—but wherefore? Why are all prescriptions written in Latin? Of what other use are nine-tenths of the preparations kept by the druggists than to conceal a few active ingredients? Why are so many innocent deceptions recommended in the practice of medicine and surgery? I never yet knew a practitioner who hesitated to deceive the patient for the patient's good; but how, in these days of reading, are we to conceal that which a patient ought not to know if we impart it in any form? The most arid style and tedious detail will not deter the medicine-reading public from perusing a work; so that there must be entire secresy or entire explanation. I take the former course, believing it to be more conducive to the benefit of the public: let those who think otherwise adopt the opposite course. But do they so? Examine

the voluminous works of Mr. Samuel Cooper and Dr. Mason Good, the lectures of Sir Astley Cooper, Mr. Abernethy, Mr. Lawrence, &c.; what have they—aye, even they—the entire number of them, to say concerning the cause of impotence?—comparatively NOTHING. It follows, then, that either they are unacquainted with the malady,—and yet that must be impossible, since it is very frequent,—or that they are conscious that it is only by CONCEALING their measures that practical good can result.

SECTION B.

The influence of Time on the Urino-generative Organs in Woman is tolerably well known. Undeveloped during childhood, they are liable to no disease worthy of notice here. With youth comes a change of parts, and the unfolding of those functions which lead to the perpetuation of the race: with this change are connected various disturbances incident to the mysterious monthly process which prepares the organs for impregnation. These disturbances, under the names of *suppression*, *retention*, and the like, have been sufficiently described by authors to allow us to dismiss them without further comment, than an admonition to mothers not to trust too much to

domestic management in these cases, but to apply at once to a competent practitioner.

The bane of womanhood is LEUCORRHŒA.—This disorder is so familiarly known under the name of “Whites” as not to require a particular description. Few women are ignorant of its disagreeable irritating and debilitating effects ; but they are not always aware that by neglecting its relief at first, they render themselves liable to frequent miscarriage, to great relaxation, and even displacement of parts after their confinement, and that they lay the foundation of numerous maladies of the most dreadful description in their old age, such as ulcer of the womb, polypous tumour, perhaps even *cancer* !

The chief point to which I would direct professional and public attention is the removal of STERILITY ; the notions of authors on the subject being very confused, and the ordinary methods of treatment exceedingly unsuccessful. Yet the relief of this defect must be an object of great solicitude to the practitioner who is anxious to confer benefit on the community ; since there is nothing concerning which the most delicate and susceptible of the female sex are so solicitous. Nor can this be wondered at ; for, independently of that natural self-love which renders all persons

uneasy at the imputation of a defect in the constitution, no woman is ignorant how much the bearing of children establishes for her additional ties in her husband's affection—how much the love enkindled in his bosom for them is reflected back to her, like lights from many points converging into one.

There are many causes of *barrenness* ; but the main practical question must be, whether it arise from such natural deficiencies of parts as cannot be supplied by the resources of art, or whether it spring from imprudence, or other adventitious cause, and can be removed by appropriate treatment ?

Material defects in the structure of the parts can receive no assistance, except when confined to the external parts, in which case a trivial operation gives immediate relief. But it is useful to recognise these cases, as they prevent mischief to the patient's constitution, and her mind being harassed with hopeless attempts.

But very different are the results when there is mere debility of the uterine organs to contend with, as happens from the following cases:—
1. Natural want of tone and circulation. 2. Loss of power, consequent as in man. 3. Over excitement. 4. Want of correspondence. 5. Want of action in the oviducts.

In all these various incidental affections, the case, if not too long neglected, may be cured, not only without danger, but with manifest improvement of the general health. Many amiable women have been rescued by pregnancy from an early grave, and attained the joys of maternity by the administration of medicine, aided by advice on some subjects of domestic management.

C A S E S.

AMONG the numerous cures of Hypochondriasis, from which no class of society possesses the immunity of exemption, one occurred in my practice of such peculiar character, that its publication will not be unattended with interest.

Some five years since, a living skeleton consulted me ; I can find no other term to describe what was scarcely a living man ; emaciation was perfect ; the abdominal parietes, instead of exhibiting the projection of contents, were inverted in their form, presenting a bowl-like appearance. The patient feared death, with an apprehension that created a most intense anxiety in my mind lest it should happen instantaneously ; the grave appeared to yawn for its victim. He did not lack information on subjects connected with disease ; indeed, his conversation showed a more than common knowledge of circumstances and events of the great change in man. His age was but twenty-eight ; he lived with his parents, who were kind to him. I recollect a particular expression he made use of. “I am too well acquainted with Death to know more of him.” “Is your name Death?” “No, Sir, but I am an Undertaker.” The mystery was solved.

The tone of the stomach was gone, its power of retention even of very slight food, was so limited that a meal was out of the question. Constipation of the bowels was so great that an evacuation of any kind was rarely observed oftener than once in ten days. Toast-and-water

was the chief nutriment. The case, from first to last, had continued for about three years.

My first recommendation was to retire to the country; that was declared to be impossible, although active employment in such a state appeared to me still more so. My next desire was to enjoin retirement from the more distressing duties of his avocation; but such was the force of habit, or the desire to meet his doom, that he would himself visit the corpse and make the preliminary arrangements: to work at the coffin was, of course, impossible. To prevent him from this employment was out of my power, so I gave up all attempts; and at length, to gain his confidence, I entered into his views with all reasonable consent. By means of very thin gruel and a little isinglass, we succeeded in regaining a little action in the digestive powers; and I remember no instance of such real gratification as when the patient declared the relief he experienced. By the mildest course imaginable, both in regard to diet and medicine, he gradually obtained health: he was a patient for about seven or eight months. Last year, observing a funeral, I was struck by the likeness of the conductor to my quondam patient; on a closer inspection, I found I was not mistaken, and the once living skeleton raised his hat in token of recognition. A friend, whose arm at the time was linked in mine, observed, the salutation was ominous—"the traders in *black jobs* know their best friends." I smiled at his mistake, and explained the matter.

A GENTLEMAN connected with the public press, somewhat above thirty years of age, had for many years suffered so much from Gastrodynia, that he was scarcely enabled to perform his avocations. The sensations of

distension in the stomach were continual—the bowels generally costive; he became irritable in temperament, and generally hypochondriac. To recapitulate the variety of symptoms that usually characterize a case of this nature, is unnecessary. He was a martyr to all, and in turn he ran the gauntlet of professional discipline to little or no purpose. Occasional relief produced, for the time, a partial restoration to animal spirits; but as the complaint re-appeared, he took a balance of effects, and to use his own expression at the time, he invariably found himself increasing the bad debt account.

Being bred a barrister, and well educated, the gentleman, by his interest with government, obtained the appointment of puisne judge in a colonial settlement, not over remarkable for its salubrity; in fact, it is known as the charnel house for most who are doomed to its inhospitable shores. He was dissuaded by his medical friends from undertaking the office, and there appeared too much probability that their calculation of his merely adding another to the countless thousands whose bones have been consigned to that vast catacomb of mortality would prove correct. However, he made up his mind to the trial, and finding no encouragement from his medical advisers, he fairly gave himself up to chance.

It was at this time I was accidentally introduced to him. Having a desire to propitiate his good offices in favour of a young friend that had just sailed to join the Royal African Corps, under the late Sir Neil Campbell, I had much conversation with him on his complaint, which had returned with its accustomed violence; for some time he was unwilling to follow any prescription, but he changed his mind, and during the remainder of his stay in London, by strict conformity to simple regimen, the avoidance of alcohol in every form; in short, by the

careful union of treatment—moral, dietetic, and medicinal,—he joined the ship a convalescent—reached his destination in health; and, during his stay in the land of horror, he survived nearly all his contemporaries. His superiors died, he became chief justice, and returned home an almost solitary instance of survivorship. His health continued uninterrupted, but he who had, by the mercy of Providence, survived the horrors of an African settlement, found a grave in the peaceful waters of the mild climate of Australasia!

A TRADESMAN who for some years had been unsuccessfully treated for lowness of spirits, as the case was called, became at length so emaciated as to alarm his friends; he had a wife and several children dependant on his industry for support, and this circumstance naturally increased his anxiety. He was not merely wasted in flesh, but what little remained was flabby—the legs were threatened with œdema; he had short troublesome cough and pyrosis; a general atrophy was gradually consigning him to the dreaded fiat. It was not to be wondered at that little hope of recovery could be expected; expectation of it was altogether out of the question. We were talking one day on the possibility of rallying him by any known treatment, when I observed that travelling by easy stages to a milder air had certainly benefited many cases equally unpropitious; when, to my surprise, he determined on the attempt. It appeared that a legacy had been bequeathed to him by a distant relation on the continent, and although the danger of travelling was pointed out by his friends, I agreed with him on the point—arrangements, dietetic

and medicinal, were made and strictly conformed to. The sequel of the case was happy, he returned to England rich, not only in worldly goods, but what was of far higher value, rich in the blessings of restored health.

A GENTLEMAN, aged forty-five, had been suffering under what he termed stomach complaint for fifteen years. In early life he did not give promise of robust health; indeed, when about thirty his friends considered that he had a tendency to consumption; respiration was uneasy, with slight cough—impaired appetite, and lowness of spirits. These symptoms alternated with various effects; the cough and uneasy breathing became less observable, but the stomach exhibited great depravation in tone, accompanied by pyrosis and nausea. Fortunately, although much depressed in animal spirits, he did not become, strictly speaking, hypochondriac, but I much feared that he would. He, like most patients of his class, studied the effects of medicine, and, as is usually the case, the most opposite results ensued; aperient medicines increased constipation, sedatives stimulated, and even on the matter of diet no reliance could be placed. I advised travelling, a total change of air, a good nourishing diet, totally free from stimulants, with restorative medicines—within six months these so perfectly restored him that, in a letter, he thus writes—“How I could bring myself, after so many years of continually deferred hope, to attempt such a change in system, as I have followed, is to me astonishing; but when I remember what I owe to your friendly suggestions, by which, under Providence, I have become what I am, you will not be surprised to know that, not only

is my physical health restored to me, but that with that blessing, the effect produced on the mind has been no less advantageous to my peace."

AN officer of distinction, nearly sixty years of age, reached England from India in a state of great exhaustion, and put up at an hotel; he had been advised to try the Leamington water, under the care of the medical monarch of the host of Valetudinarians that throng thither in search of health; but this patient could not proceed even by easy journeys; the biliary secretion was inert, the general state of the constitution reduced; stomach, bowels, kidneys, all in antagonism; he rallied somewhat, and arrangements were prepared for his journey to Cheltenham, when he was attacked by incipient dropsy, and immediately the apparent improvement in other respects yielded to a fearful relapse; the animal spirits, previously at a very low ebb, became materially affected; he could scarcely speak, even to his attendants. He had no other friends, for, having proceeded to India in early life, when a child of fortune he returned to find scarcely a vestige of his former associates; servants and agents excepted, he was alone in the world. He was, however, rich and liberal in his disbursement of his wealth; every thing that could be thought of was done, and, remembering a peculiar case of advanced dropsy that was cured by a very simple vegetable, it was suggested; but the poor patient revolted at the idea of living upon onions. The usual hydrogogue remedies were sharply administered, and the dropsical symptoms were held in check for some considerable time; but it was not until he could over-

come his prejudice against the vegetable that any real advance was made : at length, the patient literally took to his diet so manfully that even his *bread* was made with the expressed juice. In a few months he recovered, not only from the dropsy, but his other complaints were so much alleviated as scarcely to require medical regimen for their entire removal.

A CLERGYMAN, aged fifty-two, who had recently married, after having patiently awaited the possession of a college-living for many years, applied, on a return of a most distressing case of Dyspepsia, which he appeared to have laboured under for twenty-five years; how superinduced he could not otherwise explain, unless by the incongruities of a severe monastic existence, where the operations of mental and bodily action are not regulated in such a manner as should give a tone of healthful energy to the one, and of vigorous power to the other. Anxiety and suspense had combined to attack the nervous system, and he passed his days more like an automaton than as one hopeful; his nights were restless, and the busy brain worked its own misery. At length, however, the living, long looked for, fell in, and he was appointed the rector. A lady, some ten years his junior, to whom he had been many years affectionately attached, was made his happy wife, and all appeared progressing well, for the change in circumstance and domesticity did, at first, produce considerable improvement. The insidious enemy, however, returned, and drove him almost to desperation. The state of hypochondriasis was alarming to his friends, and especially to his wife, who, in this change of his mind and body, contemplated the sad wreck of their long cherished

happiness. A better fortune was, however, in store for them; nature rallied, and the mind in time recovering its tone and vigour—medical regimen became the valued auxiliary, and from that time to the present, the rector has never failed in the communion of his faith, nor in the relations of friend, husband, and father.

COLONEL —— arrived in England on leave for two years; he had suffered much from change in climates; Gastrodynia, with its numerous symptoms, left him not only without appetite, but without the power to retain even the lightest food. He also had a stricture in the urethra with a chronic gleet, which for several years had defied bougies and the usual remedies; he was under fifty years of age, of extremely temperate habits, and did not use tobacco in any form. He was sceptical enough to think that stricture could not be cured without mechanical means, while I was of opinion that such means having previously altogether failed, it was useless to rely on them; however, I prevailed on him to postpone their use for three months, during which the gleet and stricture actually disappeared, and the disorder in the stomach also gradually yielded to the treatment adopted. About a year after the patient suffered from an incipient dropsy, caused, as I considered, from a very powerful medicine, given to remove an attack of gout. A renewal of his former treatment was equally successful, and he left England on the termination of his leave.

THE following case is not without interest:—A youth, scarcely nineteen, of a nervous habit, greatly reduced by indigestion, and in a state of atrophy, became

violently in love with a young lady, his junior by nearly three years. She was elegant in person, and of accomplished taste; they married, but on the morning of the wedding day he was seized with so violent an attack as to take immediately to his bed, from which he did not rise during the (to him miscalled) honey-moon. The bride attended his bed-side with the most unremitting assiduity, and by her soothing kindness contributed to his recovery. It was considered prudent to defer the consummation of matrimony for some time, and so determinedly was this direction attended to, that for eighteen months a total separation took place, the bridegroom-husband contenting himself with visiting his maiden wife platonically once a-week—on Sunday escorting her to church, and paying her merely the attention of an attached devoted friend. It was again arranged that their union should be consummated, but lo! the same result happened. The peculiar circumstances of the case struck me with deep interest. I soon made myself master of the secret cause, and although, owing to reasons not necessary to be divulged, but which may readily be conceived, curative agencies were slow in development; yet, a “morning of life” dawned at length auspiciously on the young couple, who have now the happiness to count their “olive branches,” and to look forward with blissful anticipation of future joys.

A HIGHLY popular nobleman thus wrote to me a short time back:—“I understand from —— that you have requested his permission to give the particulars of his case, which, from some fastidious motive, he declines doing; this is as wrong on his part as the request was

correct on yours; however, I am free from any prejudice, and although unasked, remind you of the following particulars. You may remember that on my last visit I unequivocally stated that my restoration to vigorous health was visible to my friends, and that I thought that to your professional advice alone this change was attributable. Indigestion, great anxiety, irregularity in the bowels and the urinary organs, had all combined to render me hypochondriacal. My appetite was impaired, but what added greatly to my nervous sensibility was the impaired powers of nature in respect to physical virility. It is not probably necessary to enter more into detail of the symptoms of my case; of the treatment you adopted, I can speak with undisguised truth; during the period I was under your care, probably about six months, I gradually improved, and having strictly observed your general directions afterwards, I have never relapsed. And even on the delicate subject at which I have hinted, it is gratifying to find that now in my fortieth year, being four years since I saw you, I have every reason to be thankful for the blessings of health."

A COMMERCIAL gentleman, forty years of age—tall, slightly made, yet muscular—intellects good—costive, physical virility seriously impaired. He had visited nearly every country in search of *sleep*; for five entire years he had not closed his eyes in forgetfulness! Incredible as was the recital of this singular and interesting case, during the medical consultations I became satisfied with his declaration.

Every known remedy, prescribed by various gentlemen, had failed. He applied in August, and in December he slept soundly for seven hours at a time, and

indulged occasionally in a nap after dinner. Virility had returned, and he contemplated marriage! The treatment was general but very simple—vapour baths were of the most important service.

The case presented circumstances of the most singular interest. A sudden change in commercial affairs compelled him to visit his foreign partners. Owing to hurry and confusion he did not sleep for two nights previous to joining the vessel. Slight sea-sickness followed, but no sleep. Anxiety of a most overwhelming nature still prevented the approach of “nature’s sweet restorer;” during the voyage he was haunted by spectral illusions, and he reached his destination still unrefreshed. In time, his commercial difficulties ceased, but, although no longer haunted by spectral illusions, still he slept not. His friends, and even his medical advisers considered him a nervous man, but no one ever saw him asleep. He offered money to any one that could undeceive him. At sea he was again subject to the Phantasmophobia, and the sailors respectfully begged him to sleep. At taverns the waiters and chambermaids looked on him with unutterable misgivings; more than one “boots,” whom the patient had persuaded into sitting up with him for two nights, was fairly mesmerised into a fearful snoring. Many of the anecdotes were of almost romantic interest. What means nature employed for the repair of the exhaustion of nervous power, arising from the daily exercise of the mind on important subjects, in lieu of sleep, the great restorer of vital function, it is difficult to conceive; but the patient was always awake. He was at first oppressed by sensations of a most painful character, and when emancipated from the “Phantasmophobia” was affected by a painful dizziness that yielded to purgatives. He was of a social temperament, and tried drinking to

excess, without effect. His curiosity in observing the effect of wine on others was rewarded by some singular developments ; which, with the general case, may probably appear in another form.

After a few months' treatment, being recovered, he requested my opinion on marriage, and finally became a benedict, and the once sleepless man is now the happy partner of the bridal bed.

CONCLUSION.

IT is just possible that the fastidious reader may question the propriety of appending to this treatise a class of disorders which are the sequels of moral indiscretion. It is impossible to please every one ; and if the many are benefitted, the few may still doubt ; morality suffers sadly by concealment of what, if known and understood, would operate as a guard against crime. The world should be looked at more as what it really is than what it ought to be ; in which case, experience becomes a profitable agent in promoting the latter. A Scottish baronet paid me the highest compliment I ever received : after having consulted me, he expressed himself much pleased with some observations on the subject alluded to ; and taking from his pocket a manuscript, he asked me to give my opinion on it, as he was in the habit, every sabbath, of reading a portion of it, as a lecture to his three sons. The manuscript, I found, was mainly composed of extracts from a work I had published, and which had run through many editions !

A still greater proof of the utility of that work may be quoted : a minister of the Scotch church wrote to me, and was so desirous to prove his gratitude to the Almighty for his moral deliverance from evil, that he came to London, and in the fulness of his heart, delivered from the pulpit a discourse upon moral ethics, in which he portrayed the sufferings of early and concealed indiscretion, with such a fervour, that he inspired in my mind a deep sense of irrepressible feeling, that I had been permitted to share in so important a subject. If I advert to this with self-satisfaction, my readers, I feel, will pardon me.

Some explanation of the reasons why the class of general practitioners (of which I am one, although practising in a sub-division of the art) is the most independant, if not the most useful class of the profession, may be necessary. The college of physicians have a pharmacopeia, from which, under ordinary circumstances, they can select such remedies as opinion and experience bear on the case ; not that the accomplished physician is limited in his observation, or must, of necessity, confine his powers of reasoning thereto, for he may range, *ad libitum*, throughout the entire sphere of the *materia medica*, but he has to encounter a difficulty, from which the general practitioner is exempt : he must not, if he would,

prepare, or dispense, as it is termed, the remedy he prescribes ; no, that office, in his case, is reserved for the apothecary, or the chemist.

The surgeon, I mean the surgeon who is purely such—whose instruments are his only medications, is not exposed to this difficulty, unless when he ventures on the great field of medicine ; and then he is precisely circumstanced as the physician, for he also must rely on the apothecary, or chemist.

To give a catalogue of the fatal mistakes which this system is continually increasing, would be a fearful duty ; a few proofs, however, will place the matter in its proper light.

Sir Anthony Carlisle, in his last essay on Old Age, thus quotes from an eminent physician, on the subject of medical prescriptions, “ However capable a physician may be of writing latin, I am certain apothecaries are seldom able to read it ; and that dangerous mistakes, in consequence of this, may often happen. But supposing the apothecary ever so capable of reading the physician’s prescriptions, he is generally otherwise employed, and the business of making up the physician’s prescription is left entirely to the apprentice. By this means, the greatest man in the kingdom, even when he employs a first rate physician, in reality trusts his life to the hands

of an idle boy, who has not only the chance of being very ignorant, but likewise giddy and careless.”

Dr. Paris, in his *Pharmacologia*, gives fearful evidence of a similar description.

The following tragical result, awfully supports the preceding observations ; it occurred in 1842. “ A great sensation has been excited in Bath, by the death of a young lady. A saline, or fever medicine, had been prescribed for her by a physician, but an assistant to a chemist, by a stupid, and culpable blunder, in making up the prescription, used the ‘Liquor of Ammonia,’ instead of the ‘Liquor of the Acetate of Ammonia,’ and the DEATH of the unfortunate patient was the consequence.”

In my own practice, I have been often placed in a very dangerous position ; one case, in particular, was likely to be fatal. I had prescribed a very simple remedy, *Liquor Calcis*, (lime water), the chemist substituted *Liquor Volatilis Cornu Cervi* (hartshorn) ; the discovery was purely accidental—inflammation of a most serious nature ensued, but although I was exonerated, I lost my patient, not by death, but through the blunder ; thus proving Johnson’s opinion to be true, that people who praise a physician are ignorant of his merits, and those who abuse him are ignorant of his

faults. Very recently I was witness to a serious mistake of this character which, fortunately, was prevented from being fatal.

But there is another reason why the prescriber should also prepare the remedies, or, at least, have them prepared under his immediate observation ; and not have his views tested by those who have no responsibility, even if they have any knowledge of the case ; and it is that patients should not have the “ mirror of nature ” held up to their observation. It is said of women, “ our pains and penalties show us womanish.” The nervous sensibility of patients altogether prevents them from clearness of perception ; this truth is so well appreciated by medical men that they seldom, if ever, prescribe, even for their families, much less for themselves ; they *feel* the pain they would relieve, and are not sufficiently disinterested to be certain of its seat or consequence. The adage in law, that he who pleads his own cause has a fool for his client, is somewhat analogous.

Perhaps I may venture a third reason why the general practitioner is the most serviceable class, and it is this : On whom does the responsibility of a case rest but on the prescriber ?—can this responsibility be successful unless he has the entire charge of the case ?—and if these premises

be admitted, is it fair that a second party, on whom *no responsibility* whatever rests, should not merely participate in the professional payment, but absorb by far the greater portion of that reward? I have frequently received two, or it may be three guineas, for consultation, when the chemist's accounts have exceeded by four or five times such amount. This is an anomaly which, however difficult to prevent generally, I for one endeavour to remedy in my own practice. Many able medical writers, indeed the best of them, are decidedly of opinion that there is already too much curiosity in patients as to the ingredients prescribed for them; certainly no man who has had an extensive practice, and especially among the higher classes, can have failed to observe with painful regret, that remedies on which he had placed reliance for their efficacy, became literally valueless, from the prejudice arising from some superficial knowledge on the part of the patient. Let not the reader smile, experience is the test; every medical man has felt the practical force of this observation—few have the moral courage to acknowledge it. If a patient really knows the principles of medicine, and the effects of remedies on his disease, he is at once equal to his practitioner in knowledge; if he is altogether ignorant, it is of no value to him to

tell him their composition ; in either case you remove the great lever on which you rely for aiding in his relief. In this truth Dr. Paris, with a host of others, agrees, and it becomes clearly evident “that the general practitioner has in this respect a great advantage over the physician and surgeon ;” and it would be still greater if the professional charge were to combine medicine and advice without reference to either indiscriminately.

It is on this plan I have acted for upwards of thirty years, and intend continuing to do so—it is a more simple one. The labourer is worthy of his hire—and fearlessly and openly to state the system on which attention is expected to be remunerated is both honest and candid ; and to prevent any misunderstanding from any patient who may be desirous of applying, either personally or by letter, full explanations on this subject will be entered into, previous to commencing the treatment of a case.

Thus, then, I have terminated a general outline of the modes in which the march of the mighty destroyer *Time* is facilitated or delayed. If the preceding observations shall retard for a while the sweep of his fatal scythe, and give some

short hours of happiness to those who, however imprudent, may be still deserving, my labours will be repaid, and I shall await with increased serenity the approach of his inseparable companion (who

Quasi saxum Tantalo semper impendet),

conscious of having performed, however inadequately, my duty here.

*7, Lancaster Place,
Waterloo Bridge, Strand.*

